EYEWITNESS TOP 10 TRAVEL GUIDES

TOP 10

VANCOUVER & VICTORIA

- Best restaurants in each area
- Loveliest parks & gardens
- Best shopping districts & markets
- Most fun places for children
- Best bars & clubs
- Great walks & itineraries
- Most luxurious spas
- Great spots to ski, climb, or cycle
- Excursions from Victoria
- Insider tips for every visitor

YOUR GUIDE TO THE 10 BEST OF EVERYTHING

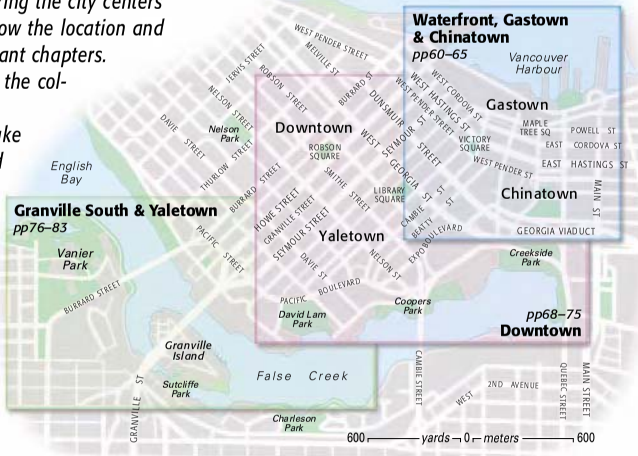
VISIT…

TOP 10 Vancouver & Victoria Area by Area

This Top 10 Travel Guide divides the cities of Vancouver and Victoria and their surroundings into five key areas covering the city centers and excursions from Vancouver. These maps show the location and extent of these areas and refer you to the relevant chapters. All chapters are color coded to correspond with the colors on these maps. Map references for the sights take you to the maps located on the inside front and back covers.

Totem, Royal B. C. Museum, Victoria

False Creek, Vancouver



Beyond Vancouver
Capilano River Regional Park
Capilano Suspension Bridge and Park
Mount Seymour Provincial Park
Lighthouse Park
West Vancouver
North Vancouver
Lynn Canyon Park
Indian Arm
English Bay
Stanley Park
see map on back flap
Lonsdale Quay
Belcarra Regional Park
Burrard Inlet
University of British Columbia
Vancouver
Kitsilano Beach and Park
Pacific Spirit Regional Park
Burnaby
Queen Elizabeth Park
VanDusen Gardens
Iona Island
New Westminster
Sea Island
Mitchell Island
Vancouver International Airport
Richmond
Annacis Island
Strait of Georgia
Fraser River
Delta
Steveston
Westham Island
8 4 miles 0 km 4 8
Great Central Lake
Horne Lake
Qualicum
Cameron Lake
Coombs
Port Alberni
Errington
MacMillan Provincial Park
Bedwell Sound
Sprout Lake
Vancouver Island Ranges
Meares Island
Vargas Island
Tofino Inlet
Kennedy
Nahmint Lake
Alberni Inlet
Mount Mcquilla 1575m
Tofino
Kakawis
Nahmint
Kennedy Lake
Long Beach
Pacific Rim National Park Reserve
Kildonan
Green Cove
Mount Hooper 1491m
Nitinat
Port Albion
Tzartus Island
Caycuse
Ucluelet
Broken Group Islands
Sarita
Vancouver Island
Cape Beale
Bamfield
Nitinat Lake
Mount 1119m
Pacific Rim National Park Reserve
Clo-oose
Carmanah Walbran Park
Port Renfrew
Pacific Northwest
ALBERTA
BRITISH COLUMBIA
CANADA
Calgary
Vancouver
Victoria
Seattle
Portland
Pacific Ocean
UNITED STATES OF AMERICA
Salt Lake City
San Francisco
Denver
Las Vegas
Strait of
Cape Flattery
Neah Bay
112
Clallam Ba

Southwest British Columbia
KEY
Top 10 place of interest
Other place of interest
Airport
Ferry terminal
Motorway
Main road
Secondary road
Other road
Railway line
Summit
Glacier
International border
Park / Reserve
BRITISH COLUMBIA
U.S.A.
Strait of Georgia
Gulf Islands
Lillooet Lake
Ryan River
Wedge Mountain 2845m
Lillooet River
Elaho River
Squamish River
Callaghan Lake Provincial Park
Green Lake
Whistler
Blackcomb Mountain 2440m
Whistler Mountain 2182m
McGuire
Cheekamus Lake
Garibaldi Lake
Garibaldi
Ashlu River
Garibaldi Provincial Park
Cheekamus River
Mount Garibaldi 2636m
Saltery Bay
Jervis Inlet
Earls Cove
Egmont
Narrow Inlet
Nelson Island
Ruby Lake
Sechelt Inlet
Salmon Inlet
Brackendale
Garibaldi Highlands
Squamish
Pitt River
Woodfibre
Britannia Beach
Pinecone Burke Provincial Park
Indian River
Vines Landing
Madeira Park
Garden Bay
Strait
Sechelt Peninsula
Port Mellon
Sound
Anvil Island
Brunswick
Howe
Gambier Island
Halfmoon Bay
Sechelt
Thormanby Island
Lions Bay
Mount Seymour Provincial Park
Obelisk Peak 1655m
Langdale
New Brighton
Roberts Creek
Cypress Provincial Park
Coquitlam Lake
Horseshoe Bay
Gibsons
Grouse Mountain
Snug Cove
Bowen Island
Pitt Lake
Coquitlam
Vancouver
Nanoose Bay
Lantzville
Maple Ridge
Gabriola Island
Surrey
Nanaimo
see map, top-left
South Wellington
Langley
Westham Island
Boundary Bay
Tsawwassen
White Rock
Cassidy
Ladysmith
Thetis Island
Kuper Island
Galiano Island
Birch Bay
Mount Whymper 1055m
Chemainus
Vesuvius
Ferndale
Youbou
Crofton
Ganges
Mayne Island
Lake Cowichan
Salt Spring Island
Saturna Island
Marietta
Honeymoon Bay
Cowichan River
Duncan
Pender Islands
Lummi
Cowichan Bay
Fulford Harbour
Waldron Island
East Sound
Swartz Bay
Stuart Island
Orcas Island
Cobble Hill
Waterloo Mountain 1055m
Mill Bay
Sidney
Deer Harbor
Olga
Malahat
Sidney Island
San Juan River
Bamberton
Butchart Gardens
San Juan Island
Sooke Lake
Cordova Bay
Friday Harbor
Lopez Island
Anacortes
Mt Muir 885m
Goldstream Provincial Park
Esquimalt
Richardson
Goldstream
Victoria
see map on back flap
Jordan River
Sooke River
Colwood
Whidbey Island
Metchosin
Sooke
East Sooke
Juan Fuca
Rocky Point
30 15 miles 0 km 15 30

DK EYEWITNESS TOP 10 TRAVEL GUIDES

VANCOUVER & VICTORIA

CONSTANCE BRISSENDEN

DK

Left **False Creek, Vancouver** Right **Storefront, Robson Street**

LONDON, NEW YORK,
MELBOURNE, MUNICH AND DELHI
www.dk.com

Produced by
International Book Productions Inc., Toronto

Reproduced by Colourscan, Singapore
Printed and bound in Italy by Graphicom

First American Edition, 2006
06 07 08 09 10 9 8 7 6 5 4 3 2 1

Published in the United States by
DK Publishing, Inc., 375 Hudson Street,
New York, New York 10014

Copyright 2006 © Dorling Kindersley Limited

ALL RIGHTS RESERVED UNDER INTERNATIONAL AND PAN-AMERICAN COPYRIGHT CONVENTIONS. NO PART OF THIS PUBLICATION MAY BE REPRODUCED, STORED IN A RETRIEVAL SYSTEM, OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC, MECHANICAL, PHOTOCOPYING, RECORDING OR OTHERWISE, WITHOUT PRIOR WRITTEN PERMISSION OF THE COPYRIGHT OWNER. PUBLISHED IN GREAT BRITAIN BY DORLING KINDERSLEY LIMITED

ISSN 1479-344X
ISBN 0-75661-556-9
ISBN 978-0-75661-556-7

Within each Top 10 list in this book, no hierarchy of quality or popularity is implied. All 10 are, in the editor's opinion, of roughly equal merit.

Contents

Vancouver & Victoria's Top 10

Vancouver & Victoria Highlights 6
Stanley Park 8
Canada Place 12
Capilano Suspension Bridge 14
Storyeum 16
Vancouver Art Gallery 18
Granville Island 20
Science World 22
Royal British Columbia Museum 24
Around Long Beach 26
Whistler 28
Museums & Art Galleries 34
Native Artworks 36
Parks & Gardens 38

The information in this DK Eyewitness Top 10 Travel Guide is checked regularly.

Every effort has been made to ensure that this book is as up-to-date as possible at the time of going to press. Some details, however, such as telephone numbers, opening hours, prices, gallery hanging arrangements and travel information are liable to change. The publishers cannot accept responsibility for any consequences arising from the use of this book, nor for any material on third party websites, and cannot guarantee that any website address in this book will be a suitable source of travel information. We value the views and suggestions of our readers very highly. Please write to: Publisher, DK Eyewitness Travel Guides, Dorling Kindersley, 80 Strand, London, WC2R 0RL, Great Britain.

Cover: Front - **DK Images** Gunter Marx tr, cl; **Peter Wilson** bl; **Joseph S. King** main, clb;
Back - **DK Images** Peter Wilson tc, tl; **www.guntermarx-stockphotos.com** tr

Key to abbreviations
Adm *admission charge payable*

Left **BC Parliament Buildings at night** Right **Skyride, Grouse Mountain**

Restaurants 40
Entertainment Venues 42
Festivals & Events 44
Children's Attractions 46
Great Outdoor Places 48
Bars & Clubs 50
Gay & Lesbian Hangouts 52
Shopping Destinations 54
Spas 56

Around Town

Waterfront, Gastown & Chinatown 60
Downtown 68
South Granville & Yaletown 76
Greater Vancouver & Beyond 84
Victoria 94

Streetsmart

Planning Your Trip 104
Things to Avoid 105
Arriving in Vancouver & Victoria 106
Getting Around Vancouver & Victoria 107
Budget Tips 108
Planning Excursions 109
Useful Information 110
Security & Health 111
Shopping Tips 112
Accommodation & Dining Tips 113
Places to Stay 114
General Index 120

Left **Totem Poles, Stanley Park** Right **Skier, Whistler Mountain**

Following pages **Aerial view of downtown Vancouver with Canada Place in the foreground**

VANCOUVER AND VICTORIA'S TOP 10

Vancouver & Victoria Highlights 6–7

Stanley Park 8–11

Canada Place 12–13

Capilano Suspension Bridge 14–15

Storyeum 16–17

Vancouver Art Gallery 18–19

Granville Island 20–21

Science World 22–23

Royal British Columbia Museum 24–25

Around Long Beach 26–27

Whistler 28–31

Top Ten of Everything 34–57

TOP 10 Vancouver & Victoria Highlights

Fringed by the Pacific Ocean's sandy beaches, with a backdrop of the Coast Mountain range, Vancouver is among the most beautifully located metropolises on earth. Also feted as the world's most livable city, this West Coast gem has a lively cultural scene and superb restaurants and hotels. On Vancouver Island, a short ferry ride away, Victoria offers visitors a pleasantly peaceful sojourn. The city is an excellent starting-off point from which to explore the many natural wonders of the island.

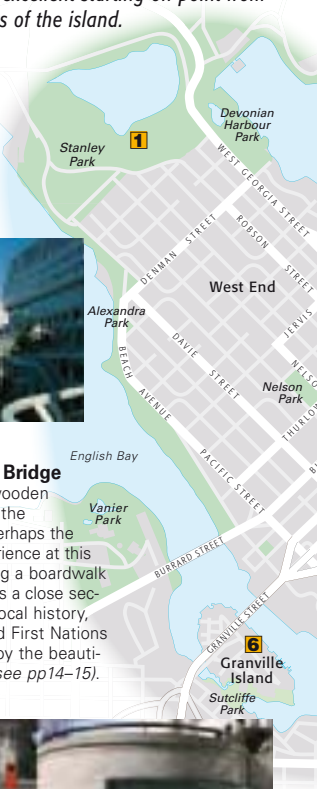
1 Stanley Park
Created in 1886, Stanley Park is North America's third-largest urban park. It juts into Burrard Inlet, offering an enticing combination of forest, ocean, and beaches, and an encircling seawall pedestrian loop *(see pp8–11)*.

2 Canada Place
Built for Expo '86, Canada Place is now an outstanding convention and hotel complex overlooking Vancouver Harbour. Cruise ships dock alongside an inviting promenade *(see pp12–13)*.

3 Capilano Suspension Bridge
Teetering over a wooden bridge high above the Capilano River is perhaps the most thrilling experience at this sight; walking along a boardwalk up into the treetops a close second. Learn about local history, forest ecology, and First Nations culture as you enjoy the beautiful surroundings *(see pp14–15)*.

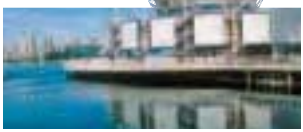
4 Storyeum
In an underground bunker beneath Victorian-era Gastown, multi-media exhibits take visitors on a fascinating tour of BC history. Live actors perform their historic roles with gusto *(see pp16–17)*.

5 Vancouver Art Gallery
From the swirling raincoast forests of famed BC artist Emily Carr to radical conceptual installations, the gallery features the best of West Coast and international art *(see pp18–19)*.



6 Granville Island

The popular island on False Creek is a bustling mix of shops, galleries, restaurants, and theaters – fun both to visit and explore *(see pp20–21)*.

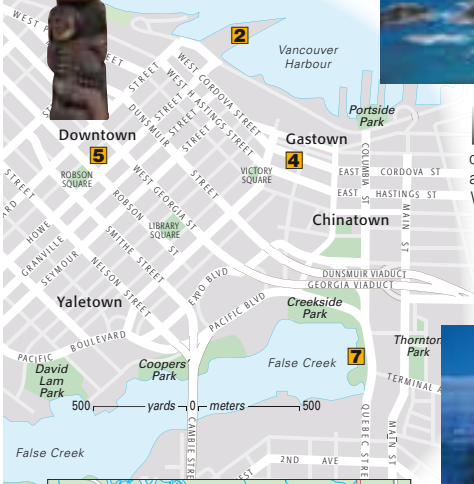


7 Science World

Science comes alive inside the dome-shaped Science World. Hands-on exhibits capture the imaginations of all ages, with fresh approaches to science in all its dimensions *(see pp22–3)*.

8 Royal British Columbia Museum

A wonderful museum, confidently portraying BC's history and natural assets in creative galleries *(see pp24–5)*.



9 Long Beach Area

Spectacular scenery dominates the Long Beach area on Vancouver Island's West Coast. Wild Pacific shores and rare old-growth forests make the region the perfect destination to experience the essence of rugged BC *(see pp26–7)*.

10 Whistler

Ideal for a day-trip or a longer visit, Whistler is an upscale resort a scenic three-hour drive north from Vancouver. Two mountains tower over alpine-style resort villages. Skiers abound here but countless other year-round activities ensure Whistler has something for everyone *(see pp28–31)*.

TOP 10 Stanley Park

A local favorite since the Victorian era, spectacular Stanley Park is a mere 10-minute bus ride from downtown. Forest walks, beachside strolls, and a vibrant rose garden are among its natural attractions. Amusing activities include a popular children's waterpark and petting zoo, tennis courts, and a pitch-and-putt course. Located in the park, the Vancouver Aquarium Marine Science Centre (see pp10–11) *is world-renowned for its realistic walk-through exhibits based on scientific research projects.*

Inukshuk, *English Bay*

Four fine-dining restaurants and many refreshment kiosks offer plenty of food options. The Teahouse at Ferguson Point serves afternoon tea. UpStream Café in the aquarium has coffees and sandwiches.

Traffic in the park is one way, counterclockwise. Pay parking is strictly enforced.

Bicycle & in-line skate rentals: 604 688 2453

- *Map G1*
- *604 257 8400*
- *www.parks.vancouver.bc.ca*
- *Open 24 hrs daily (not all sights)*
- *Adm to some activities*
- *Vancouver Aquarium: 845 Avison Way, 604 659 3474, www.vanaqua.org; Open late Jun–Aug: 9:30am–7pm; Sep–mid-Jun: 10am–5:30pm; Adm: Adult $17.50; Seniors, youths & students $12.95; Children $9.95 (under 4s free)*

Top 10 Features

1. English Bay
2. Siwash Rock
3. Beaver Lake
4. Seawall
5. Lost Lagoon
6. Brockton Point
7. Totem Park
8. Vancouver Aquarium
9. Prospect Point
10. Rose Garden

1 English Bay

The sandy beaches draw crowds to enjoy strolls and the view. The heated saltwater pool at Second Beach offers a warmer alternative to a swim in the bay. Kids delight in the play area nearby. Sunbathers relax at Third Beach against driftwood logs.

2 Siwash Rock

According to Squamish legend, this ancient lava rock deposit *(above)* jutting up from the water was once an Indian warrior, turned to stone.

3 Beaver Lake

Hiking trails to Beaver Lake through a raincoast forest follow old logging roads. Frogs, raccoons, rabbits, and even coyote may be spotted at the natural-state lake fringed by cattails and water lilies.

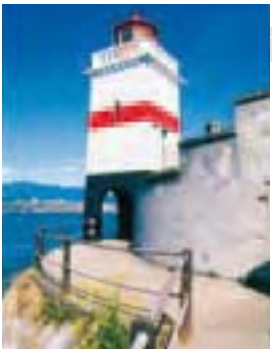
4 Seawall

Pedestrians, cyclists, and in-line skaters happily share the 6-mi (10-km) paved path ringing the park *(center)*, with its unimpeded views of English Bay and Burrard Inlet. Look for unusual features, such as the sculpture *Girl in a Wetsuit* on an offshore rock.

5 Lost Lagoon

This willow-fringed lagoon is an inner city wildlife sanctuary, protecting a bevy of wood ducks, blue herons, and white swans. At night, the central fountain is colorfully lit up.

A delightful nighttime ride on the miniature railway takes you through a forest sparkling with lights



6 Brockton Point

The point offers a terrific view of Burrard Inlet. In 1915, a lighthouse *(above)* was built to guide vessels into the harbor. Sailors set their chronometers by the Nine-O'Clock Gun at nearby Hallelujah Point. Its boom has been heard nightly since 1894.

7 Totem Park

Eight carved West Coast poles tell their own stories. Images by First Nations artists denote various family crests and creatures. Haida artist Bill Reid carved the replica of a pre-1878 Skedans mortuary pole with a rectangular frontal board *(above)*.

8 Vancouver Aquarium

Marine displays capture the drama of the West Coast. Six Beluga whales share the space with 60,000 other inhabitants *(see pp10–11)*.

9 Prospect Point

The view from here, the park's highest point, across the dark blue water of Burrard Inlet to the Coast Mountains is one of the best in the city.

10 Rose Garden

A formal rose garden *(below)* blossoms year-round. From April to September, a variety of perennial plantings ensure vibrant color.

Chief Joe Capilano

Few knew Stanley Park like Squamish chief Joe Capilano. Born in 1840, Capilano often visited the park, home to some members of his nation. In 1906, he traveled to England to present a petition on Indian rights to King Edward VII. He shared local stories with Mohawk writer Pauline Johnson, who published them in *Legends of Vancouver* in 1911, a year after Capilano died.

Operating from mid-June to mid-September, the free Stanley Park Shuttle makes 14 stops in Stanley Park; call 604 257 8400

Left **Clownfish Cove** Right **Shark Penthouse in the Tropic Zone Gallery**

TOP 10 Vancouver Aquarium

1 Wild Coast

Walkways lead past marine creatures from the wild BC West Coast. The animals include frolicking sea otters – one of them rescued from the Exxon Valdez Alaska oil spill in 1989 – playful dolphins, harbor seals, and the Steller sea lions that are members of a shrinking worldwide population. There are live touch-pools and demonstrations by naturalists, shows featuring divers swimming with the animals, and training sessions with dolphins and sea lions.

2 Arctic Canada Habitat

Beluga whales are the main draw here. Visitors admire them from both inside and outside locations. Indoors, on the lower level, two wide floor-to-ceiling windows allow underwater viewing. Interactive exhibits provide information about the beluga's native arctic environment.

3 Pacific Canada Exhibit

This two-story gallery highlights marine life from the Strait of Georgia and brings visitors face to face with an underwater habitat filled with a vast web of plant and animal life. Divers mingle with thousands of schooling herring, salmon, crabs, kelp, sea stars, and other Pacific marine life. Sturgeon, wolf-eels, and anemones also inhabit this exciting exhibit.

Sea lion, Wild Coast exhibit

4 Amazon Rainforest

Two caimans, members of the crocodilian group, co-exist in a hot, humid jungle setting with a pair of sloths and Scarlet ibises. Experience a tropical rainstorm every hour in this exotic space.

5 Clownfish Cove

This interactive play zone, designed to appeal to children eight years of age and younger, features animals such as seahorses, horseshoe crabs, toads, and, of course, clownfish. A make-believe marine mammal rescue hospital allows kids to nurse a toy sick or injured seal pup. Puzzles, puppets, dress-up costumes, and crafts are on hand to amuse the little ones.

6 Tropic Zone Gallery

A realistic imitation of a tropical reef in the Indo Pacific highlights this region's rainbow-hued fish, such as blue-green chromis, orange shoulder tang, the redtooth triggerfish, and black-tipped reef sharks.

7 Treasures of the British Columbia Coast

Local waters are the focus of this interesting exhibit. Wolf eels and giant Pacific octopus can be spied lurking in the depths. Stare with fascination as the moon jellyfish dance beneath reflective lights.

The Vancouver Aquarium was one of the first ever to introduce trained naturalists as guides

Top 10 Historical Highlights

1. The Stanley Park peninsula is inhabited by the Squamish until 1888
2. Deadman's Island, an Indian burial site, visited by first white settler, 1862
3. City council petitions for a permanent park, 1886
4. Governor General Stanley dedicates the park, 1889
5. Nine O'Clock Gun arrives, 1894 *(see p9)*
6. The Hollow Tree, a red cedar 65 ft (20 m) in circumference, is the park's most-photographed attraction, early 1900s
7. Lumberman's Arch is built as a tribute to BC's logging industry, 1912
8. Construction of the seawall begins, to prevent erosion, 1917
9. Lost Lagoon is created by construction of the causeway, early 1920s
10. Guinness family builds Lions Gate Bridge at the park's north end, 1938

History of Stanley Park

Coal Harbour peninsula was inhabited for thousands of years by Musqueam, Tsleil-Waututh, and Squamish Coast Salish nations in a village known as Khwaykhway (pronounced Whoi-whoi). In 1862, the peninsula became a military reserve to protect the harbor from American invasion, but the village and its dwellers were left undisturbed. Stanley Park was established on the former military reserve after the Great Fire of June 13, 1886, destroyed the entire city. The park opened in 1888, and was dedicated by Lord Stanley the following year. By 1892, there was no sign of life left in Khwaykhway – most of the Natives had died in a smallpox epidemic between 1888 and 1892.

Entering Stanley Park
Stanley Park's original entrance was through an arch and over a bridge spanning Coal Harbour.

8 Beluga Encounters

Join a trainer behind the scenes in the Arctic Canada habitat to learn how these giant mammals communicate and to help the trainers feed them fish. Or book a sleepover with belugas.

A beluga whale

9 BC Hydro Salmon Stream

This demonstration stream teaches the public about the importance of conserving salmon habitats. Juvenile Coho salmon, Chum, and pink salmon populate this ideal salmon stream, which meanders over gravel beds in back eddies, shaded by overhanging banks, trees, and log debris.

10 Shark Penthouse

Thrashing black-tipped reef sharks are fed twice weekly in front of visitors in the Shark Penthouse in the Tropic Zone Gallery. A naturalist dives with the sharks daily.

For more information about the aquarium's sleepover programs, call 604 659 3504 or visit www.vanaqua.org/home

TOP 10 Canada Place

Built for Expo '86 as the flagship Canada Pavilion, Canada Place is a Vancouver landmark. The roof's sail-like lines echo Canada's nautical roots. The "prow" extends well into the harbor. Following the highly successful world exhibition, which attracted more than 22 million visitors, Canada Place was transformed into a complex containing a cruise ship terminal, convention center, exhibition areas, and a first-class hotel. The promenade offers a terrific view of the city's harbor.

Patio, Café Pacifica

For casual dining, try the Café Pacifica in the Pan Pacific Hotel. Or, for a fine-dining experience, try the hotel's Five Sails dinner-only restaurant. A food court across Canada Place Way is open until 9pm.

Underground pay parking is available at Canada Place. Less expensive parking can be found in the lot at the north foot of Burrard Street.

- *999 Canada Place Way*
- *Map L2*
- *604 775 7200*
- *www.canadaplace.ca*
- *Open daily*
- *CN IMAX Theatre: 604 682 4629*

Top 10 Features

1. Vancouver Touristinfo Centre
2. Architecture
3. Cruise Ship Terminal
4. Floatplanes
5. Promenade
6. Promenade into History
7. CN IMAX Theatre
8. Plaza
9. Vancouver Convention and Exhibition Centre
10. Heritage Horns

1 Vancouver Touristinfo Centre

Operated by Tourism Vancouver, this useful bureau located across Canada Place Way at 200 Burrard Street, on the plaza level, offers free brochures and city maps. The knowledgeable, multilingual volunteer staff will help you plan your stay in Vancouver.

2 Architecture

Built for Expo '86 on a former cargo dock, Canada Place's award-winning design is notable for the five Teflon-coated fiberglass sails, resembling a sailing ship in full rigging, suspended over the convention center.

3 Cruise Ship Terminal

The cruise ship terminal at Canada Place welcomes hundreds of thousands of visitors a year. The three-berth terminal is adjacent to the promenade, providing visitors with a close-up view. From the terminal, it's a short walk to the sights and shops of Gastown *(see pp60–5)*.

From May to September, some 300 cruise ships depart from Canada Place on their way to Alaska; visit www.portvancouver.com

4 Floatplanes
Pontooned planes arriving from Victoria land at Coal Harbour, to the west of Canada Place. Helicopters from Victoria descend on the east side of the complex.

5 Promenade
A lovely promenade takes you along the west and east sides of Canada Place, and around the point, providing a first-rate view of visiting cruise ships, the harbor, and the SeaBus ferry. On a hot day, cooling breezes make the 6,675-ft (2,000-m) walkway a refreshing place to enjoy the scenery.

6 Promenade into History
Gain a wider knowledge of Vancouver history with a free, self-guided tour along the promenade. Intriguing stories are told through archival photographs. Information and details are presented though 44 sculptures, plaques, and historical points of interest.

7 CN IMAX Theatre
Since Expo '86, the CN IMAX Theatre has entertained visitors with exciting giant-screen IMAX movies. The 440-seat theater brings family-oriented films to gigantic life on a five-story screen. IMAX 3D movies, a world first, debuted here.

10 Heritage Horns
Every day, at noon, the sound of ten cast-aluminum air horns blasts across Vancouver and beyond from the top of Canada Place. Designed and built by Robert Swanson in 1967 as a project to celebrate Canada's 100th birthday, the first four notes of the noon hour blast are from the country's national anthem, *O Canada*.

8 Plaza
Located near the tip of the point, the plaza *(above)*, offers a cooling fountain, benches, and shady trees. It's a serene spot to sit and watch the comings and goings of the harbor's busy traffic.

9 Vancouver Convention and Exhibition Centre
Conventions and exhibitions are housed in grand halls accessed by an indoor promenade that echoes the exterior walkway. Both conventions and consumer tradeshows are held here, including the huge Vancouver Snow Show in October.

Expo '86

On May 2, 1986, Prince Charles and Princess Diana opened Expo '86, a hugely successful world's fair that hosted 50 per cent more people than expected. Unfortunately, it closed with a $311-million deficit. However, enduring legacies such as Canada Place (the former Canada Pavilion) Science World, the SkyTrain, and the urban renewal of the once-derelict area around False Creek, show that Expo '86 ultimately gave back to Vancouver much more than it had cost.

Every July 1, Canada Day fireworks awe spectators with technically brilliant displays over the harbor at Canada Place

TOP 10 Capilano Suspension Bridge

For thrill appeal, few sites rival Capilano Suspension Bridge. At the height that eagles fly, the bridge is a swaying span across the tumbling Capilano River far below. The world's longest and highest suspension footbridge, it crosses into the hushed recesses of a West Coast rainforest. This century-old attraction now includes a walk high above the forest floor, from treetop to treetop, built using new technology. Scotsman George Grant MacKay, who bought the property in 1888, would be amazed. Today's modern bridge is the fourth on the site.

Costumed guides

Tasty salmon, beef, and chicken burgers are served at the Loggers' Grill. For specialty coffees, pastries, and homemade pizzas, try the Canyon Café. For full-service, enjoy gourmet dining at the Bridge House Restaurant across Capilano Road.

If heights are a concern when crossing the bridge, focus on the back of the person in front of you. It's well worth making the trip across.

- *3735 Capilano Rd, North Vancouver*
- *Map B1*
- *604 985 7474*
- *www.capbridge.com*
- *Open 9am–5pm daily; Summer: 8:30am–dusk; closed Dec 25*
- *Summer rates: adults $24.95, senior/students $18.50, youth (13–16) $12.95, children (6–12) $6.50; under 6s free*

Top 10 Features

1. Suspension Bridge
2. Locals from the Past
3. The Big House
4. Capilano River and Gorge
5. Treetops Adventure
6. Treetops Technology
7. Totem Park
8. Living Forest
9. Story Centre
10. English Country Garden

1 Suspension Bridge

This awe-inspiring bridge is built of sturdy steel cables spanning 450 ft (137 m) and strong enough to support two full Boeing 747s. Those crossing the bridge today cling tightly to the handrails as they experience the same thrills as visitors did in 1889 *(center)*.

2 Locals from the Past

Friendly costumed guides in period attire welcome visitors to the park. Taking on the roles of local historical characters, the guides narrate the sometimes hair-raising stories of the North Shore's early days when timber was king.

3 The Big House

Skilled carvers, beaders, and weavers work in the open-fronted Little Big House, sharing their skills and cultural knowledge with appreciative onlookers. At the center of the cedar-planked Big House is the Next Generation story pole, honoring First Nations artists. From spring to fall, dancers, drummers, and singers perform legends in the plaza area *(above)*.

Legends performed by First Nations entertainers in front of the Big House are traditional to the West Coast

4 Capilano River and Gorge
As you cross the bridge, look down into the Capilano River gorge 230 ft (70 m) below. After reaching the other side, enjoy the views along the edge of the gorge or from the cantilevered deck that serves as a lookout high over the river.

5 Treetops Adventure
This exhilarating exhibit is located in the West Coast rainforest across the suspension bridge. A boardwalk leads you gently upwards over seven suspension bridges attached to eight old-growth Douglas fir trees *(above)*. At the end of your journey, you are 100 ft (30 m) high in the mysterious zone of mid-story treetops.

6 Treetops Technology
To protect the delicate environment, Treetops Adventure uses an innovative compression system to secure observation platforms to the trees. Instead of nails or screws, friction collars are used. Held on by compression, they exert a gentle pressure equivalent to pressing a thumb firmly on a tabletop.

7 Totem Park
At the park's entrance, a gathering of totem poles carved by local Coast Salish First Nations people makes a colorful display *(below)*. Introduced in the 1930s, the beautifully carved poles now number more than 30.

8 Living Forest
In the Living Forest ecology area, clever interactive displays educate about native plants and trees, such as Douglas firs. Panels feature the animals and bugs living in a West Coast rainforest. Naturalists offer guided tours year round on its peaceful forest trails.

9 Story Centre
From miners to loggers to dancehall girls, the center tells the history of the park and of North Vancouver in a walk-through exhibit. Hundreds of photographs bring history to life, while captions put the people and places into perspective. Voices from the Past, an audio component, fills in any blanks.

10 English Country Garden
The picturesque perennial garden harks back to the homeland of many of Vancouver's early settlers. Planted in 1910, the azaleas and rhododendrons dazzle with massive colorful blooms. The century-old shrubs are at their best in May.

A Lasting Legacy
Scotsman George Grant MacKay loved the outdoors. As Vancouver's first park commissioner, he voted in favor of Stanley Park in 1886. Two years later, he bought 6,000 acres (2,428 ha) of old-growth forest along the Capilano River and built a cabin on the edge of the canyon wall. Then, with the help of local Coast Salish, he built a small hemp rope and cedar suspension bridge in 1889. This was the very first bridge.

TOP 10 Storyeum

Storyeum's theatrical experience takes place beneath the historic streets of Gastown. In a fast-moving 65-minutes, multi-media effects combine with costumed actors to create a multi-sensory panorama of BC history. The engrossing tales are based on real characters from travelers' diaries, Aboriginal oral history, and documents of pioneers. Starting with pre-European contact before the 1700s, the shows introduce the province's people and places in lively scenarios combining drama, humor, and action.

Storyeum entrance

Cafés and restaurants serving everything from deli sandwiches to ethnic specialties abound on Water St.

The lift departs for the show area on the hour and half hour. Reservations are recommended.

After you return to the surface, there is a short outdoor walk back into the main lobby on Water St.

- *142 Water St*
- *Map L3*
- *604 687 8142*
- *www.storyeum.com*
- *Open 10am–5pm (last show) Tue–Fri, 10am–5:30pm (last show) Sat–Mon*
- *Adm: $21.95 (under 6s free)*

Top 10 Highlights

1. Story Gallery
2. Going Underground
3. Ancient Trails
4. The Big House
5. The National Dream
6. Barkerville Gold Seekers
7. New Arrivals
8. Last Stop…Vancouver!
9. BC Spirit
10. Gastown Merchants

2 Going Underground

Enter a rusted-out "water tank," one of the world's largest lifts, to begin your journey. As you descend beneath the streets of historic Gastown, a narrator relates the concept behind Storyeum using an aboriginal story about trees.

1 Story Gallery

Displayed on the walls of the main Water Street lobby are hundreds of photographs portraying the people of BC from the early days to the present. Sourced and selected from archives located all over the province, this is one of the largest public collections of archival photographs in the province.

3 Ancient Trails

Visitors enter a spectacularly re-created rainforest where a Tsleil-Waututh legend comes to life. Man is created from wolf and woman from sediment at the bottom of the sea. Culture and tradition spring from the first couple.

4 The Big House

A reproduction of a Coast Salish Big House creates the feel of these buildings. First Nations actors *(left)* portray the descendants of the first couple. A traditional feast honors their union.

Storyeum is a walking journey; sets have a varying number of seats. Each set provides designated seating for those who require it

5 The National Dream

The completion of the coast-to-coast railway signals Canada's coming-of-age *(above)*. Integral to the history of the railway are the fates of the Chinese workers who toiled on its construction. As the story unfolds, industries boom in BC, and BC women obtain the right to vote.

6 Barkerville Gold Seekers

Lively acting conveys the excitement of the Cariboo Gold Rush of 1862 *(below)*. Among the true-to-life cast of characters is "the hanging judge" Matthew Begbie and Miss Florence Wilson, just off a bride ship, who attempts to civilize the predominantly male town residents.

7 New Arrivals

The arrival of Europeans brings dramatic change to the West Coast as depicted on the decks of a re-created trading ship *(center)*. The all-powerful Hudson's Bay Company's chief factor James Douglas arrives on Vancouver Island. The first fort is built in 1843 and the trading vessel *Endurance* arrives.

8 Last Stop… Vancouver!

In this final show with live actors, one of the first trains arrives in Gastown in 1887. Men and women return from World War II, reuniting British Columbians. Together, all look ahead to a prosperous future.

9 BC Spirit

During the return to street level in a second, 46-ft- (14 m-) high lift, a 360-degree multi-media presentation dances above the heads of passengers. Stunning images of BC's present-day society and its gorgeous landscapes are featured.

10 Gastown Merchants

Back above ground, you re-enter the Water Street lobby where the Gastown Merchants gift shop *(left)*, selling good quality history-themed items, is located.

The Gold Rush

On April 25, 1858, several hundred men landed in Victoria on a steamer. The tumultuous Cariboo Gold Rush had begun. Soon, 20,000 other gold-seekers, including many Chinese, followed, en route to the mainland and the town of Barkerville, to stake the banks and tributaries of the Fraser River. By 1860, the gold was panned out and the miners, now mainly Chinese, moved further north along the river. By 1865, the rush was over.

The seven original songs played during your Storyeum journey include orchestration by the Vancouver Symphony Orchestra

TOP 10 Vancouver Art Gallery

The Vancouver Art Gallery is the largest art gallery in Western Canada. Its only permanent exhibit, a homage to the life and works of Emily Carr, BC's pre-eminent artist and writer, is well worth the entry fee. The gallery specializes in impressive national and international exhibitions, with innovative approaches to old masters as well as contemporary visionaries. Founded in 1931, the art gallery includes more than 8,000 works in its collection, including several pieces by renowned local painter Jack Shadbolt. Housed in a NeoClassical heritage building redesigned by acclaimed Vancouver architect Arthur Erickson, the gallery opened in 1983 as an elegant addition to downtown.

Rotunda

The Gallery Café patio is a gem on sunny summer days. You do not need to purchase admission to the gallery to eat at the café.

The Gallery Store sells contemporary art books, posters, paper goods, jewelry, and giftware, including a wide selection of Emily Carr merchandise.

- *750 Hornby St*
- *Map K3*
- *604 662 4700*
- *www.vanartgallery.bc.ca*
- *Open Sat–Wed & hols 10am–5:30pm, Thu & Fri 10am–9pm; closed Dec 25 & Jan 1*
- *Adm: $15 (under 5s free). By donation 5–9pm Thu*

Top 10 Features

1. Court House Building
2. Emily Carr Permanent Exhibit
3. Art on the Rooftop
4. Photoconceptual Collection
5. Southern Façade
6. Exhibitions Program
7. Beck/Gruft Collection
8. Architecture
9. First Nations Art
10. Super Sundays

1 Court House Building

Built in 1912 as the Provincial Court House, the building reflects the imposing style of the era's leading Canadian architect, Francis Rattenbury.

2 Emily Carr Permanent Exhibit

The Gallery holds over 200 works by Emily Carr. This renowned West Coast artist studied local Native cultures, capturing their way of life in her paintings. Haida artifacts such as totem poles were a common subject. Stormy West Coast colors as seen, for example, in *Logger's Culls (center)*, dominate her work. Items such as her tiny sketch book are also on display.

3 Art on the Rooftop

Vancouver artist Ken Lum's innovative *Four Boats Stranded: Red and Yellow, Black and White* stands out on the gallery's roof *(above)*. The installations include a scaled-down version of a First Nations longboat.

Tours of the gallery are free with admission and take place hourly

4 Photoconceptual Collection

The gallery is known for its permanent collection of contemporary photo-based art that spans two decades and includes works by the Vancouver School of artists, such as Jeff Wall, Stan Douglas, Ian Wallace, and Ken Lum, as well as international artists Nancy Spero and Cindy Sherman, among others.

5 Southern Façade

Overlooking Robson Street, the original steps into the court house are now a popular meeting spot for locals. On the portico *(above)* is a cryptic message carved in yellow cedar letters by conceptual artist Lawrence Weiner.

6 Exhibitions Program

Foremost artists, ranging from historic masters to leading-edge contemporary artists, are regularly presented in major thematic exhibitions, solo shows, and intimate, focused showcases.

7 Beck/Gruft Collection

This major collection of historical photographs includes significant images by acclaimed photographers such as Andre Kertesz, Maxime Du Camp, and Walker Evans.

8 Architecture

Architectural icon Arthur Erickson added 41,400 sq ft (3,715 sq m) of exhibit space to the old court house when transforming it into the gallery's permanent home. Erickson retained many of the original features, including the courtroom, with its carved judge's bench.

9 First Nations Art

Paintings, carvings, and sculpture by Pacific Northwest Native artists are part of the gallery's rotating permanent collection, which includes sculptures by late Haida master carver Bill Reid *(see p36)*. Reflecting the modernist style of many Native artists, *Eagles (below)*, by Haida artist Robert Davidson, combines principles of abstraction with traditional iconography.

10 Super Sundays

On the third Sunday of each month, families with school-aged children come to learn about art together. Draw, paint, create art projects, and watch or engage in dance performances.

Emily Carr

Emily Carr was born into a wealthy Victoria family in 1871. The eccentric artist, however, chose a bohemian lifestyle, and her powerful artworks were painted on a pauper's budget, often in the old-growth forests of Haida Gwaii (Queen Charlotte Islands). It wasn't until 1937, when Carr was 65 years old, that the Vancouver Art Gallery bought one of her works. Largely overlooked during her lifetime, Carr's works now command some of the highest prices in Canada.

Exhibitions are enhanced with lectures by gallery curators, artists, and art historians; call 604 662 4717 for details

TOP 10 Granville Island

Bustling Granville Island attracts millions of visitors every year, and rightly so. Where heavy industries once belched noxious fumes, street entertainers now amuse passersby with music, comedy, and magic. The Granville Island Public Market offers an enchanting mix of edibles and collectibles. More than 200 shops scattered throughout the Island sell everything from custom-made jewelry to yachts.

Aquabus

La Baguette et l'Echalote, adjacent to the market, at 1680 Johnston St, is one of the best French patisseries in town.

Locals know that the doors, and most businesses, inside the public market building are unofficially open by 8am. Arrive early if you want a sneak peek before the market gets busy.

The summer-only WaterPark is free. Find it just off Cartwright Street, behind the Information Centre.

- *Map H5*
- *604 666 5784*
- *www.granvilleisland.com*
- *Public market: open 9am–6pm daily; closed Dec 25 & 26, Jan 1*
- *Information Centre: open 9am–6pm daily*
- *Net Loft and Kids Market: open 10am–7pm daily; varying hrs for businesses*

Top 10 Features

1. Granville Island Public Market
2. Marina and Maritime Market
3. Kids Market
4. New-Small and Sterling Studio Glass
5. Railspur Alley
6. Granville Island Brewing Co.
7. Emily Carr Institute of Art and Design
8. Net Loft
9. Arts Club Theatre and Lounge
10. Granville Island Museums

1 Granville Island Public Market

The centerpiece of the island's shopping experience, the public market is an irresistible emporium of green grocers, butchers, bakers, fishmongers, importers, ethnic foodsellers, craft vendors, sweet stands, florists, and casual eateries *(center)*. It also has a wine shop and a micro-roaster of organic coffee *(see p80)*.

2 Marina and Maritime Market

Shops and services at the market include a kayak center *(above)*, seafood merchants, tours, boat rentals, and marine souvenir shops. At the marina, yachts and sailboats are moored beside rustic fishing boats.

3 Kids Market

Clowns and magicians guarantee fun in a fantasyland for children. More than 20 shops sell everything from games and toys to pint-sized clothing.

4 New-Small and Sterling Studio Glass

Watch David New-Small and apprentices as they blow molten glass into beautiful vases, ornaments, jewelry and dishes using traditional techniques. One of four furnaces keeps 150 lbs (70 kg) of glass molten at 2,000˚F (1,100˚C) around the clock. Visit the adjoining gallery to admire or buy handmade glass jewelry, ornaments, bowls, vases, and plates.

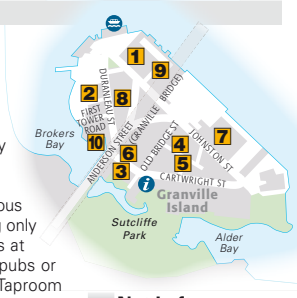
Free parking on the Island is limited to three hours; pay parking at the east end avoids the very real possibility of a parking ticket

5 Railspur Alley

The cozy artisan studio-shops *(above)* in this small laneway are operated by painters, potters, and craftspeople specializing in wood, fabric, leather, glass, and industrial cast-offs.

6 Granville Island Brewing Company

This microbrewery – Canada's first – opened in 1984. Sample the delicious beers made using only natural ingredients at many Vancouver pubs or in the brewery's Taproom after a behind-the-scenes tour, offered daily at noon, 2pm, and 4pm.



7 Emily Carr Institute of Art and Design

Named after famed West Coast artist Emily Carr *(see p19)*, this premier art school is a busy hub for Canada's up-and-coming artists. Step inside to visit the Charles H. Scott Gallery *(right)*, in one of the Island's original industrial buildings, to see work by contemporary artists. Students of the Institute present their works in the Concourse and Media Galleries.

8 Net Loft

An intimate collection of boutiques sells unusual souvenirs, such as handmade paper, hats, off-beat postcards, beads of all kinds, and local and First Nations crafts.

9 Arts Club Theatre and Lounge

The Arts Club Theatre Company produces contemporary comedies and new works to classics at the Granville Island Stage. The casual Backstage Lounge showcases local bands *(see p43 and p82)*.

10 Granville Island Museums

See three museums in one. The Model Trains Museum has the largest collection of model and toy trains on exhibit. The Model Ships Museum features large-scale models of warships, sailing vessels, and coastal workboats *(right)*. A superb exhibit of fishing history and equipment is at the Sport Fishing Museum *(see p77)*.

Granville Island Ferries

The small vessels of the Aquabus and False Creek Ferries fleets provide year-round service around False Creek, with frequent sailings to and from downtown. They are a fun way to travel to Granville Island. Other routes include stops at Science World, Yaletown, and Vanier Park. Mini sunset cruises are also available.

The False Creek Ferries (604 684 7781) and Aquabus (604 689 5858) vessels depart from the west side of the public market

TOP 10 Science World

Fascinating insights into all aspects of the universe are featured at the award-winning Science World. Explorations begin with the smallest insect and progress to the farthest corners of the galaxy. A legacy of Expo '86, the building opened as a science center in 1989 after passionate community efforts. Five galleries feature hundreds of delightfully interactive, hands-on displays and exhibits, while intriguing traveling exhibits show regularly. In 2005, the telecommunications giant TELUS donated $9 million to develop exhibits and programs to ensure that Science World is always fresh and up-to-date.

Illusions Gallery

White Spot, a popular BC chain known for its burgers slathered with Triple O (triple oozy) sauce, is on the Science World site. A concession on Level 2 offers juices, popcorn, and ice cream bars.

Paid parking in the small lot is at a premium. It's best to take the SkyTrain to Main Street Station, then walk the short block to Science World.

- *1455 Quebec St*
- *Map M5*
- *604 443 7440*
- *www.scienceworld.bc.ca*
- *Open summer: 10am–6pm daily; winter: 10am–5pm Mon–Fri, 10am–6pm Sat–Sun, holidays; closed Jan 1 & Dec 25*
- *Adm: adults $13.75, seniors/students/youth $9.50; under 4s free Additional fee for Alcan OMNIMAX Theatre*

Top 10 Highlights

1. Geodesic Dome
2. Alcan OMNIMAX Theatre
3. Illusions Gallery
4. Kidspace Gallery
5. Centre Stage
6. Our World Gallery
7. Feature Gallery
8. Eureka! Gallery
9. Science Theatre
10. BodyWorks Gallery

1 Geodesic Dome

Science World's 155-ft- (47-m-) tall geodesic dome *(center)* is affectionately dubbed "the golf ball" by locals. The design is based on the prototype structure made famous by US inventor and architect R. Buckminster Fuller. Mirrorlike exterior panels, 766 in all, reflect the sunlight, while 391 exterior lights sparkle at night.

2 Alcan OMNIMAX Theatre

The five-story screen – the largest in the world – envelops viewers with thrilling films such as Academy Award-nominated *The Living Sea*. The 400-seat theater, located in the geodesic dome, projects images nine times larger than a conventional movie house onto a screen 88 ft (27 m) in diameter. Sound pours out of 28 digital speakers.

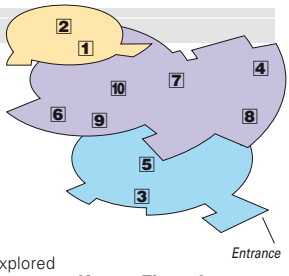
3 Illusions Gallery

Everything is not the way it seems in this wonderful world of optical illusions. Straight lines appear to bend, still images begin to move. Puzzle tables pit wits against mind-twisters for all ages.

4 Kidspace Gallery

Kids ages two to six get to burn off excess energy climbing, sliding, running, and jumping on the exhibits *(below)*. Water play, with boats supplied, is a favorite.

A four-hour visit is the average at Science World



5 Centre Stage

Scientific principles and phenomena are explored in five daily shows. Presenters mix balloons and electricity, bubbles and fire to dazzle and captivate as well as teach. Volunteer kids are invited on stage.

Key to Floorplan

Level 1
Level 2
Level 3

9 Science Theatre

Everything from cartoons for toddlers to films about how IMAX movies are made will entrance you in this first-come, first-seated theater. High-definition films reveal the smallest details in feature films and selected shorts. Some live presentations.

10 BodyWorks Gallery

BodyWorks encourages a positive curiosity about the human body. Questions about how human beings hear and smell are answered in this fun-filled interactive space. Strength and dexterity are tested by activities such as bike pedaling and simulated skiing.

6 Our World Gallery

As you check out what has been left in the garbage dump or walk into a giant cheese burger, Our World reveals how the choices we make about waste disposal, food production, and transportation affect our home communities.

7 Feature Gallery

The best in traveling exhibits are showcased in the Feature Gallery. A large plasma TV is a focal point in this gallery, showing breaking news in the world of science almost as it happens. The changing exhibits are certain to be exciting and interactive experiences for all ages.

8 Eureka! Gallery

Eureka! Gallery *(above)* explores universal themes such as water, air, motion, and invention. Children and adults alike are invited to make their own discoveries in a lifelike science laboratory environment. Use the infrared camera to discover the hot spots on your body.

Museum Guide

Science World's first floor is home to Puzzles, Illusions, and Centre Stage. On the second floor are the Eureka!, Kidspace, Our World, Feature, and Search galleries, and Contraption Corner. Alcan OMNIMAX Theatre, on the third floor, is accessible with a Science World ticket or independently by way of a new entrance to the building.

TOP 10 Royal British Columbia Museum

Founded in Victoria in 1886, this impressive museum focuses on BC's cultures, history, geography, flora, and fauna. The museum is regarded as one of the best in Canada for the striking way it presents its exhibits. Some 26,000 sq ft (2,415 sq m) of exhibition space houses more than seven million items. Dramatic walk-through scenarios bring history to life in four galleries, each featuring original and often rarely seen artifacts. An extensive collection of First Nations art and traditional objects, one of the largest and most impressive in the world, has been amassed.

Helmcken House

Opposite the coat-check, Jazzman's Café specializes in fine coffees, lattes, and pastries. Or try a light-lunch salad or sandwich.

Pay parking is located behind the museum on Superior Street, at $2 an hour.

Pick up a free map of the museum at the entrance.

- *675 Belleville St, Victoria*
- *Map P4*
- *250 356 7226*
- *www.royalbcmuseum.bc.ca*
- *Open 9am–5pm daily; closed Jan 1 & Dec 25*
- *Adm: adults $12.50, senior/youth/student $8.70; under 6s free*

Top 10 Features

1. Carving Studio
2. Living Land, Living Sea
3. Natural History Gallery
4. First Peoples Gallery
5. Modern History Gallery
6. Helmcken House
7. Carillon Tower
8. Mungo Martin House
9. National Geographic IMAX Theatre
10. Thunderbird Park

1 Carving Studio

Serene Thunderbird Park, on the museum grounds, is home to a beautiful longhouse and a carving studio *(center)*. Many foremost First Nations carvers have worked here, including Chief Mungo Martin, Doug Cranmer, and Bill Reid.

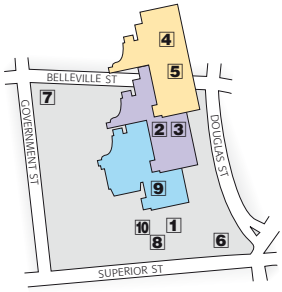
2 Living Land, Living Sea

Climate change is the focus here, with one-of-a-kind artifacts and specimens, and a re-created prehistoric woolly mammoth *(left)*. Ancient is an understatement for the 85.5-million-year-old Cycad fossil. The dramatic 3D map of BC is the first to be generated solely from satellite images.

3 Natural History Gallery

Realistic dioramas explore a range of environments, from ocean to boreal forest, including the giant old-growth forest that once covered coastal BC. One of the best of a range of animals depicted in re-created habitats is a grizzly bear, BC's largest land predator.

First Nations carvers in the carving studio enjoy sharing their knowledge with visitors during the summer season



4 First Peoples Gallery
Historic photos, video, audio, and Native artifacts are combined for a spellbinding experience *(above)*. Superb ceremonial masks and an unforgettable cedar Big House.

Key to Plan

- Ground floor
- Second floor
- Third floor

5 Modern History Gallery
In the atmospheric 20th-Century Hall, it's easy to step back into the Victoria of the 1900s *(right)*. Re-created buildings include the Grand Hotel, with its authentic wooden sidewalk, a salmon cannery, a dressmaker's studio, and a Chinese herbalist's shop, all displaying authentic period objects. Soft lighting sets the mood.

6 Helmcken House
The oldest house in BC still on its original site was built by Dr. John Sebastian Helmcken in 1852. The three-room log structure is made of Douglas fir trees. Period furnishings are a reminder of the Victorian era.

7 Carillon Tower
The Netherlands Carillon Tower was gifted to the museum in 1967 from BC residents of Dutch descent. It has a total of 62 bells. Free recitals are held at 3pm on Sundays.

8 Mungo Martin House
Also called Wawadit'la, this replica of a 19th-century longhouse was entrusted to the museum in 1952 by the family of Kwakwaka'wakw Chief Mungo Martin. A dynamic green sea monster in the form of a spiny sculpin (small fish) is painted on the façade. The longhouse is closed to the public as it is reserved for traditional First Nations ceremonies.

9 National Geographic IMAX Theatre
Subjects as diverse as whales and outer space are explored in the rotating series of documentary films on the theater's six-story screen.

10 Thunderbird Park
Over a dozen poles preside over this park. The carved mythical figures tell stories of traditional Coast Salish cultures. Included are Gitxsan memorial poles, Nuxalk grave figures, Haida mortuary poles, a Cumshewa pole, and Kwakwaka'wakw heraldic poles.

Museum Guide

The main exhibits are located on the second and third floors of the museum. Natural History Gallery and Living Land, Living Sea are on the second floor, the First Peoples and Modern History galleries on the third. More exhibits are located outside.

Near the carillon tower, the entrance to the museum-operated BC Archives has been beautified with plants native to the province

TOP 10 Around Long Beach

The wild west coast of Vancouver Island's Long Beach area offers pristine wilderness, old-growth rainforest, endless beaches, and mystical vistas. Bald eagles appear in large numbers in Clayoquot Sound, a UNESCO Biosphere reserve, while the Pacific Ocean teems with Dall's porpoises, sea lions, and seals. Surfing, fishing, kayaking, and storm watching are superb.

Boogie boarders, Long Beach

Try local oysters, Dungeness crab, halibut, and wild salmon when in the Long Beach area. Cozy Schooner Restaurant in Tofino (331 Campbell St, 250 725 4644) is decorated with photos of schooners in their glory. In Ucluelet, the Boat Basin Restaurant (1971 Harbour Dr, 250 726 4644), overlooks a scenic marina.

Book early for the weeklong Pacific Rim Whale Festival (250 726 7798) in late March.

- *Map A4*
- *Tourist information: www.my-tofino.com and www.uclueletbc.com*

Top 10 Sights

1. Wickaninnish Interpretive Centre
2. Tofino
3. Long Beach
4. Clayoquot Sound
5. Vargas Island
6. Eagle Aerie Gallery
7. Pacific Rim National Park Reserve of Canada
8. Ucluelet
9. Wild Pacific Trail
10. West Coast Trail

1 Wickaninnish Interpretive Centre

The cedar-built center makes a great first stop for Long Beach visitors. Indoor displays introduce natural history as well as historic cultural objects of the local Nuu-Chah-Nulth people. Step out on the viewing platform to spot whales passing along the coast. Not to be missed are the center's beach tours.

2 Tofino

Tofino was named by Spanish explorer Juan Francisco de la Bodega y Quadra after one of his teachers, a hydrographer. Located at the entrance to Clayoquot Sound, this pretty coastal town, with 1,600 residents, provides easy access to white-sand beaches and is a magnet for outdoor adventurers and winter storm watchers. At the government docks *(center)*, seafood is sold right off the boats.

3 Long Beach

Rolling waves wash the white sand shores of this seemingly endless wind-swept beach, 15.5 mi (25 km) in length *(below)*. The crashing Pacific Ocean rollers offer unbeatable year-round surfing. Giant Sitka spruce and cedars growing in moss-draped temperate rainforests border the beach.

Allow about six hours for the slow but scenic 200-mile (320-km) drive from Victoria to Tofino along Highways 1 and 4

4 Clayoquot Sound

Pronounced "clack-wot", Clayoquot boasts trees 295 ft (90 m) tall and 1,700 years old. They share the territory with black bears, elk *(above)*, wolves, and an elusive endangered bird, the marbled murrelet. The coastline mingles bays, beaches, channels, intertidal lagoons, and mudflats.

5 Vargas Island

Vargas Island has rugged uplands, sandy beaches, and abundant marine life. Access is by boat, kayak, or floatplane. Ahous Bay, the largest beach, is home to a subspecies of gray wolf.

6 Eagle Aerie Gallery

The tranquil cedar-planked Eagle Aerie Gallery in Tofino is a hand-hewn longhouse with a carved and painted housefront traditional to the local First Nations people. Internationally acclaimed Tsimshian printmaker Roy Henry Vickers is the gallerist, and his artwork is also on sale here *(below)*.

7 Pacific Rim National Park Reserve of Canada

A world-famous area for whale-watching, the 80-mi- (130-km-) long park is made up of three distinct areas: Long Beach, the West Coast Trail, and the Broken Group Islands *(see p101)*.

8 Ucluelet

This small town is the gateway to multiple outdoor activities on both land and water. Avid fishers flock here for steelhead, sturgeon, halibut, and Pacific and freshwater salmon. The climate is temperate, with 328 frost-free days a year.

9 Wild Pacific Trail

This breathtaking 10-mi (16-km) trail runs alongside the Pacific Ocean through coastal rainforest, from the tip of the Ucluelet peninsula to the Pacific Rim National Park. Hikers are surrounded by lush stands of conifers in the largest lowland temperate rainforest on earth.

10 West Coast Trail

The West Coast Trail is a challenging 46-mi (75-km) hike along a historic trail built to aid the rescue of shipwrecked mariners. The trail hugs the shoreline where approximately 65 ships met their demise. Rocky headlands along the trail are dotted with caves, arches, and waterfalls.

Gray Whales

Each year, an estimated 22,000 gray whales migrate past the Vancouver Island coast around Long Beach. They're on an 11,000-mi (17,700-km) round trip, migrating south from the Arctic to their breeding grounds off southern California and Mexico from December to early February, and returning north from March through May.

Reservations and permits are required for the West Coast Trail, which can be hiked in part or full (seven days); call 250 387 1642

TOP 10 Whistler

The 75-mi (120-km) drive to Whistler from Vancouver reveals stunning scenery, a combination of Howe Sound's sparkling blue waters and the majestic snow-covered Coast Mountain range. Welcoming more than two million visitors each year, the side-by-side peaks of Whistler and Blackcomb mountains are magnificent. A year-round resort, Whistler continues to grow as the 2010 Olympic and Paralympic Winter Games approach. The resort is known for its exemplary accommodations and over 90 restaurants and 200 shops. Yet it still preserves natural enclaves of forests and five lakes.

Chalet, Upper Village

Horstman Hut is the uppermost eatery in the area, sitting at 7,494 ft (2,284 m) on Blackcomb Mountain.

Canada's resort tax can take a bite out of your wallet. You may be eligible for a rebate *(see p112)*.

For free information, visit the Whistler Visitor Information Centre. 201-4230 Gateway Dr; 604 932 5922, ext 17.

Take warm clothing when heading up the mountains, even in summer.

- *Map F1*
- *www.mywhistler.com*
- *Whistler Activity and Information Centre, 4010 Whistler Way, 604 938 2769 or 1 877 991 9988*
- *Whistler Central Reservations: 604 664 5625 or 1 800 944 7853*

Top 10 Features

1. Whistler Mountain
2. Blackcomb Mountain
3. Whistler Village
4. Alta Lake
5. Upper Village
6. Valley Trail
7. Fairmont Chateau Whistler
8. Green Lake
9. Creekside
10. Village North

1 Whistler Mountain

Skiers and snowboarders enjoy 3,557 acres (1,440 ha) of impressive terrain with over 100 marked trails *(center)*. Whistler Village Gondola offers superb views of Whistler Valley during the 20-minute ride to the top. Mountain biking and alpine hiking are exceptional summer activities. Mountain-top restaurants offer everything from snacks to fine dining.

2 Blackcomb Mountain

Blackcomb, nicknamed the "Mile High Mountain," towers over Whistler resort at an elevation of 7,494 ft (2,284 m). Skiers and snowboarders ride to more than 100 marked runs from three bases. In summer, a sightseeing trip to Horstman Glacier is not to be missed. Or take advantage of the glacier's superb summer skiing and snowboarding.

3 Whistler Village

This pedestrian-only Alpine-style enclave ringed by shops, hotels, and restaurants *(below)* provides ski-in, ski-out access to Whistler Mountain. It's busy round the clock with skiers and boarders heading to the mountain, diners on patios, and late-night clubgoers.

Leave yourself plenty of time for the scenic drive to Whistler; construction delays are likely before the 2010 Winter Olympics

4 Alta Lake

Alta Lake was once home to Rainbow Lodge, Whistler's first resort. Traces of the lodge remain at Rainbow Park *(above)*, a delightful picnic spot. Explore the lake's perimeter along the paved Valley Trail, or swim, wind surf, or canoe.

8 Green Lake

A glacial gem with crystal clear water courtesy of mountain melt, Green Lake is truly green. It is a firm favorite of canoeists, with views taking in some of the area's highest peaks, including massive Mount Currie.

9 Creekside

A recent multi-million dollar investment has transformed this activity center, providing glamorous hotels and a mini-mall. Skiers can access Whistler Mountain from this historic base at the Creekside Gondola.

5 Upper Village

Nestled at the base of Blackcomb Mountain, the Upper Village offers easy access to the slopes. The ski-in, ski-out luxury hotels, award-winning restaurants, and quality shops here are unsurpassed. The huge Day Lot adjacent to the Village offers free parking.

6 Valley Trail

This 12-mi (20-km) Valley Trail attracts walkers, cyclists, and in-line skaters. It leads past Lost Lake, Rainbow Park, and Alta, Nita, and Alpha lakes, through stands of trees fringing residential areas. In winter, the Lost Lake loop is dedicated to cross-country skiing.

7 Fairmont Chateau Whistler

Whistler's grand dame *(above)* reigns over the valley from the Upper Village. The antique furnishings, gold-leaf ceiling painting, and Canadian art in the lobby of this chateau-style hotel make it well worth a visit. The opulent Mallard Bar has a popular heated patio.

10 Village North

Construction of Village North followed that of Upper Village, with the added attractions of vehicle access, a shopping mall complete with The Marketplace – one of the resort's best grocery stores – cafés, restaurants, and intriguing shops.

Whistler Transit

A free shuttle service runs every 20 to 30 minutes between village hotels and condos to the ski slopes. WAVE, the municipal bus service, transports visitors to and from the villages and around the town. For a taxi, call 604 932 3333.

For a glimpse into Whistler's pioneer history, visit Whistler Museum & Archives, 4329 Main St, Village North; call 604 932 2019

Left **Fairmont Chateau Whistler Golf Course** Right **Snowboarding, Blackcomb Mountain**

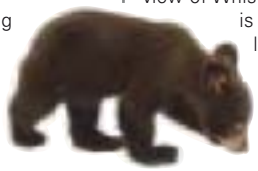
TOP 10 Fun Things to Do in Whistler

1 Skiing

Whistler and Blackcomb cater to all ages and levels of skiers. With over 30 ft (10 m) of snow fall yearly, boosted by snowmaking, the winter season provides over 200 runs. Summer skiing on Blackcomb's glacier.

2 Golf

Known as the "Big Four," Whistler's four golf courses take advantage of their mountain settings, with lakes, creeks, rolling greens, and mountain views. Golfers are pampered with deluxe facilities and fine dining. ✆ *Whistler Central Reservations: 1 800 944 7853*



Black bear cub

3 Dog Sledding

The distinctly northern activity of dog sledding, with energetic huskies eager to pull their sleds through the backcountry, is suitable for both adults and kids who enjoy mushing seven-dog teams. An easy, off-road adventure. ✆ *Cougar Mountain: 1 888 297 2222*

4 Snowmobiling and Snowcat Tours

Speedy snowmobiles are an exhilarating way to see Blackcomb Mountain, or try the more sedate, heated Snowcat. A pleasant dinner at the alpine Crystal Hut can be added. ✆ *Canadian Snowmobile Adventures: 604 938 1616*

5 Snowboarding

Annual upgrades at the thrilling terrain parks ensure bigger and better rails and pipes for the advanced. Well-designed novice areas also.

6 Bear Watching

An intimate, respectful view of Whistler's black bears is offered on tours led by local bear researcher Michael Allen. Fifty or so bears live in the area's old-growth forests, feeding on the grassy mountain slopes and foraging for berries. Allen's tours provide an up-close look at bear habits and habitats suitable for all ages.

7 Mountain Biking

Free-flowing runs as well as technically demanding trails, groomed to perfection. Practice comes easy at the Mountain Bike Park, with its three Skills Centres, and jumps and learning tools for all levels.

Mountain biker, Whistler Mountain

Whistler and Blackcomb's winter ski season runs from late November to late April

Top 10 Best Whistler Festivals

1. First Night: family-oriented New Year's Eve festivities. Dec 31.
2. Altitude: gay and lesbian ski-snowboard week; entertainment. Feb.
3. Celebration 2010: arts and culture, cabarets, artisan markets. Feb.
4. TELUS World Ski & Snowboard Festival: concerts, films, and adventure zones. Apr.
5. Canada Day: a birthday bash ending with colorful fireworks. Jul 1.
6. Whistler Arts & Music Festival: music, entertainers, comedy. Jul.
7. Crankworx Freeride Mountain Bike Festival: races and parties. Aug.
8. Cheakamus Challenge: 44-mi (70-km) mountain bike race. Sep.
9. Cornucopia: a food and wine extravaganza. Nov.
10. Whistler Film Festival: Ski films, Canadian films, and videos. Dec.

Whistler's Pioneers

Before Whistler Valley became a ski destination, the area was a magnet for explorers, miners, loggers, and pioneer entrepreneurs such as Alex and Myrtle Philip. The young American couple arrived in 1912, and two years later opened a fishing lodge on Alta Lake. Rainbow Lodge was soon BC's premiere resort destination, with visitors arriving on the now defunct Pacific Great Eastern Railway. The lodge burned down in 1977, but one of Rainbow Park's original guest log cabins and a replica of Alex's romantic Bridge of Sighs mark where it once stood.

Rainbow Lodge
The resort's main lodge was built from handcut and peeled logs. By its peak, 45 buildings had been constructed. Only four original cabins remain.

8 Alpine Sightseeing

Snowy peaks, glaciers, and glimpses of Whistler's namesake, the hoary marmot, or "whistler," make summer hikes memorable. Whistler's 30 mi (48 km) of marked trails are easy to follow. Refresh at the Roundhouse Lodge. The open-chair ascent to Horstman Glacier *(see p28)* is thrilling.

9 Adventure Zone

Parents and children play together in the exciting Blackcomb Base Adventure Zone in the Upper Village. Not to be missed is the child-sized Westcoaster Luge track snaking down the mountain. Other activities include the climbing center, bungee ride, and Spin Cycle, an astronaut-inspired ride.

10 Canoeing and Whitewater Rafting

Resort pioneer Alex Philip began the canoeing craze on picturesque Alta Lake. It's still a low-key way to spend a hot summer day. Canoe rentals and guided tours available. For a faster pace, whitewater raft the Green, Birkenhead, and Elaho rivers. *Canoeing: Whistler Outdoor Experience: 604 932 3389 • Whistler River Adventures: 604 932 3532*

For details on activities at Whistler and Blackcomb, including bear watching, call 1 800 766 0449 or visit www.whistlerblackcomb.com

Left **Chinese Cultural Centre Museum & Archives** Right **Vancouver Museum**

TOP 10 Museums & Art Galleries

1 UBC Museum of Anthropology

Situated on cliffs overlooking Burrard Inlet, this airy museum houses over 500,000 ethnographic and archaeological objects from around the world, with emphasis on coastal First Nations. *6393 NW Marine Dr • Map A2 • 604 822 5087 • Open 11am–9pm Tue, 11–5pm Wed–Sun • Adm*

***The Raven and the First Men,* UBC Museum of Anthropology**

2 Vancouver Art Gallery

The Vancouver Art Gallery's growing collection is rich in historic and contemporary works by BC and international artists, including the world's largest grouping of Emily Carr pieces. The splendid *fin-de-siècle* exhibition hall hosts traveling exhibits *(see pp18–19)*.

3 Vancouver Police Centennial Museum

An intriguing glimpse into the dark world of crime and punishment in Vancouver's past. The 10,000 artifacts housed in the old Coroner's Court include confiscated weapons, counterfeit bills, and displays depicting scientific evidence. You may find yourself amid a gaggle of wide-eyed children, as school tours play an important part of programming. *240 E Cordova St • Map M4 • 604 665 3346 • Open 9am–5pm Mon–Sat • Adm*

4 Chinese Cultural Centre Museum and Archives

Part of the Chinese Cultural Centre, the museum and archives share traditional Chinese architecture. The collection tells of the Chinese community from the Cariboo Gold Rush of the 1860s to the settlement of Chinatown. The annex exhibits classical and contemporary Chinese art. *555 Columbia St • Map M4 • 604 658 8880 • Open Tue–Sun 11am–5pm • Adm*

5 Vancouver Museum

Permanent and short-term exhibits offer intimate looks at Vancouver's heritage. Hands-on exhibits, such as the 1950s soda shop, and a visit to the hippie era in Vancouver – complete with macramé clothes to try on – make recent history a delight *(see p79)*.

***The Crab*, by George Norris, Vancouver Museum**

Previous pages **The Wickaninnish Inn near Long Beach, Vancouver Island**

6 Charles H. Scott Gallery

An adjunct to the Emily Carr Institute of Art and Design *(see p21)*, the gallery has a mandate to promote visual education and dialogue. Shows feature innovative art of emerging and established artists, both local and international. *1399 Johnston St • Map H5 • 604 844 3809 • Open noon–5pm Mon–Fri, 10am–5pm Sat–Sun • Adm*

7 BC Sports Hall of Fame and Museum

BC's sports achievements, including those of local heroes Terry Fox and his Marathon of Hope, and Rick Hansen's and his Man in Motion World Tour, are celebrated in 20,000 sq ft (1858 sq m) of gallery space. The Participation Gallery entices visitors to try pitching, sprinting, and rock climbing. *777 Pacific Blvd • Map L4–L5 • 604 687 5520 • Open 10am–5pm daily • Adm*

8 Vancouver Maritime Museum

Exhibits of artifacts, models, vessels, and photos pay tribute to Canada's marine heritage. At the heart of the collection is the restored 104-ft (32-m) ketch *St. Roch*, the second ship to navigate the North West Passage, but the first to travel it from west to east *(see p77)*.

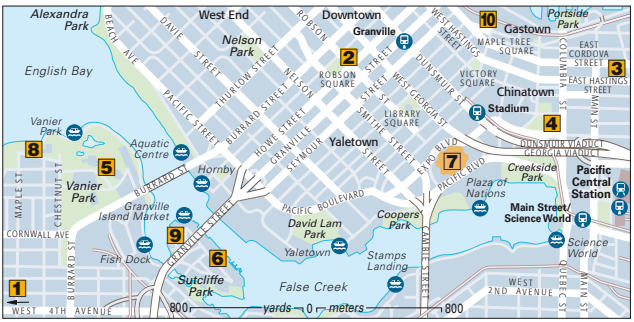
Granville Island Museums

9 Granville Island Museums

These three museums are housed in one building. Anglers will revel in the Sport Fishing Museum's extensive display of reels, creels, and tied flies. The Model Train Museum has a large collection of tiny trains, displayed in dioramas of forests and canyons. The Model Ship Museum offers models of innumerable vessels, from barges and battleships to subs and sail boats *(see p77)*.

10 Inuit Gallery

One of the region's most respected commercial galleries, showing an outstanding selection of Inuit and North West Coast Native sculpture, graphics, and jewelry. *206 Cambie St • Map L3 • 604 688 7323 • Open 10am–6pm Mon-Sat, 11am–5pm Sun*



For discounted entrance fees, ask about family, senior's, and youth tickets

Left **Carved doors, Museum of Anthropology** Right **Kwakwaka'wakw totem pole, Thunderbird Park**

TOP 10 First Nations Art

1 'Ksan Mural

Five artists carved this red cedar frieze to illustrate Northwest Coast raven myths. The nine panels tell stories of how the Raven created the elements of the world through his mischievous activities. *1025 W Georgia St • Map K3*

2 The Jade Canoe

Haida artist Bill Reid's awe-inspiring bronze creation is the second casting of *The Black Canoe*. Thirteen creatures from Haida mythology paddle an imposing 20 ft (6 m) canoe. *Vancouver International Airport • Map A2*

***The Jade Canoe*, by Bill Reid**

3 Inukshuk

Made by Alvin Kanak for Expo '86, the granite sculpture is an Inuit welcome figure, a traditional traveler's marker, although much larger than those found in the North. *English Bay Beach • Map G3*

4 Carved Doors

The entrance to UBC's Museum of Anthropology *(see p34)* is itself a work of art. Made of red cedar by four Gitxsan master carvers, the double doors convey a narrative from the Skeena River region. When closed, the images form the shape of a Northwest Coast bent box used for storage as well as burials.

5 Kwakwaka'wakw Totem Pole

Completed in 1999, this pole at Victoria's Royal British Columbia Museum *(see pp24–5)* provides a chance to see a powerful modern interpretation of traditional carving by two young Kwakwaka'wakw artists, Jonathan Henderson and Sean Wonnock. The pole features a mythical thunderbird on top of the tail of an orca.

6 Hetux

International travelers alighting at the Vancouver airport are greeted by *Hetux*, a huge birch-and-aluminum image suspended from the ceiling. Connie Watts combines animal forms as diverse as the mythical thunderbird with the hummingbird, wolf, and salmon to reflect the untamed spirit of her grandmother. *Vancouver International Airport • Map A2*

7 Thunderbird House Post

Tony Hunt's majestic thunderbird stands above a grizzly bear, which in turn holds a human being. The house post is a replica of one of a pair carved in the early 1900s by influential artist Charlie James. After 40 years in Stanley Park, the poles deteriorated, were restored, and moved indoors. Carver Tony Hunt re-created the colorful cedar pole now standing in the park's Totem Park *(see p9)*.

Totem art represents family clans with figures such as eagles, frogs, ravens, orcas, and grizzly bears; mythical creatures are also common

8 Chief of the Undersea World

Orcas were still kept at the Vancouver Aquarium when Haida artist Bill Reid's sculpture was installed outside it, in 1984. Those orcas are since gone, but this 16-ft- (5-m-) tall bronze killer whale leaping into the air remains as a tribute to this West Coast creature. *Stanley Park • Map G1*

9 World's Tallest Freestanding Totem Pole

Raised in Beacon Hill Park *(see p96)* in 1956, the pole, by Kwakwaka'wakw chief Mungo Martin with David Martin and Henry Hunt, took six months to carve from a cedar nearly 128 ft (39 m) high. *Map Q6*

10 Coast Salish Welcome Figures

Two 17-ft- (5-m-) tall red cedar figures welcome travelers to the airport's Custom Hall in traditional Musqueam style. Northwest Coast artist Susan A. Point carved both from the same log. *Vancouver International Airport • Map A2*

Coast Salish welcome figures

Top 10 Public Artworks

1 Knife Edge

A Henry Moore monumental abstract sculpture. *Queen Elizabeth Park • Map B2*

2 Photo Session

Join Seward Johnson's family of bronze figures posing for a snapshot. *Queen Elizabeth Park • Map B2*

3 The Crab

George Norris's stylized stainless-steel crab. *1100 Chestnut St • Map G4*

4 Gate to the Pacific Northwest

Alan Chung Hung's sculpture invokes 18th-century navigation instruments. *Vanier Park • Map G4*

5 Primavera

Wooden butterflies convey transformation in this acrylic painting by Jack Shadbolt. *1075 W Georgia St • Map J3*

6 Salute to the Lions of Vancouver

Gathie Falk's steel lions line up with the Lions Gate Bridge and The Lions mountain. *999 Canada Place Way • Map L2*

7 Angel of Victory

Coeur de Lion MacCarthy's bronze angel lifts a World War I soldier heavenward. *601 W Cordova St • Map L3*

8 Street Light

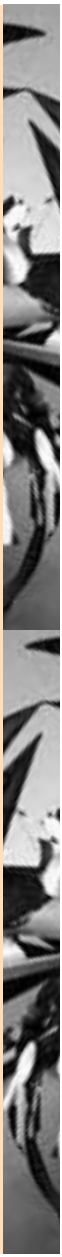
Panels shadow images of historic events onto a walkway. *Marinaside Cres • Map K5*

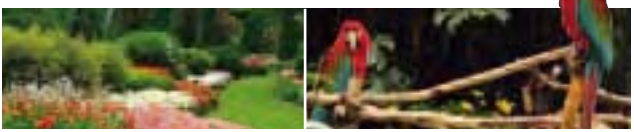
9 Pendulum

A stunning seven-story pendulum, by Alan Storey. *885 W Georgia St • Map K3*

10 Cooper's Mews

Footsteps trigger sounds from Alan Storey's barrel-and-railtrack homage to the area's industrial past. *1033 Marinaside Cres • Map K5*





Left **Sunken Garden, Butchart Gardens** Right **Macaw parrots, Bloedel Floral Conservatory**

TOP 10 Parks & Gardens

1 Pacific Spirit Regional Park
This huge, diverse, park is located on a peninsula on Vancouver's west side. It supports pine forests as well as birch, alder, and cottonwood trees. Extensive trails lead across the peninsula from Point Grey to the Fraser River. The park's terrain includes beaches, bluffs overlooking the expansive Spanish Banks, and the ancient Camosun Bog *(see p88)*.

2 David Lam Park
With a large expanse of open green space, the slightly rolling Yaletown park has private corners for sitting and relaxing, and a lovely decorative pool. The park's Asian influence is expressed in its floral plantings. Children's play area. *Map J5*

3 Queen Elizabeth Park
This lovely park in central Vancouver was once a stone quarry. The Quarry Garden is now its centerpiece. A small rose garden is planted with hardy varieties that blossom year-round. Rolling treed slopes are perfect for summer picnics *(see p88)*.

4 Stanley Park
Cedar, hemlock, and fir are rainforest favorites in the park. Old-fashioned roses and lush hybrid rhododendrons share the park with cherry, magnolia, and dogwood trees, and a multitude of others. Park staff plant 350,000 annual flowers for year-round beauty *(see pp8–11)*.

5 Bloedel Floral Conservatory
Visitors to Canada's first geodesic conservatory are enveloped by steamy air as they step into this dome filled with desert and tropical plants. The calls of free-flying birds add to the ambience.
Queen Elizabeth Park, W 33rd Ave & Cambie St • Map B2 • 604 257 8570

6 Spanish Banks Beach Park
With the longest expanse of sandy beach in Vancouver, the park is shared by walkers, cyclists, picnickers, and families splashing in the tidal waters. *Map A2*

7 Dr. Sun Yat-Sen Classical Chinese Garden
This gem of a park in Chinatown reflects the serenity of a Ming Dynasty garden *(see p63)*.

Dr. Sun Yat-Sen Classical Chinese Garden

Spanish Banks, beside Pacific Spirit Regional Park, is one of the best spots in the city to watch the sun set over the water

Camosun Bog, Pacific Spirit Regional Park

8 Butchart Gardens

Starting in 1904, Mrs. Jenny Butchart created five spectacular gardens to beautify her huband's excavated limestone quarry on the outskirts of Victoria. Her first creation was the Japanese Garden. Next came the lush Sunken Garden. Some one million bedding plants blossom yearly, showcasing 700 plant varieties *(see p101)*.

9 VanDusen Botanical Garden

The array of flowers, shrubs, and trees are unrivaled in Vancouver. Over 7,500 varieties of plants from six continents take advantage of the city's four distinct seasons. Rolling lawns, peaceful lakes, artistic rockwork, and forested pockets *(see p88)*.

10 Vanier Park

English Bay is the backdrop for this expansive park near Granville Island. Largely treeless, the 37-acre (15-ha) area was named after Georges P. Vanier, governor general of Canada from 1959 to 1967. Kite-flyers delight in the open vista, their colorful kites dancing in the wind *(see p78)*.

Top 10 BC Trees

1 Douglas Fir

The province's economy was built on the lumber from this imposing tree that grows as tall as 300 ft (90 m).

2 Yellow Cedar

Growing in colder elevations, its soft wood is the ideal choice for First Nations carvings.

3 Western Red Cedar

Dark, scale-like needles mark the down swept branches of this sometimes huge tree.

4 Hemlock

The most common tree on the West Coast, the hemlock is easily recognizable by its droopy top.

5 Sitka Spruce

The Carmanah Giant, a Sitka spruce found on Vancouver Island is, at 312 ft (95 m), the tallest recorded tree in Canada.

6 Arbutus

Peeling red-brown bark marks the arbutus, also known as the madrona, the only broad-leafed evergreen tree native to Canada.

7 Pine

Straight lodgepole and Ponderosa pines grow at higher elevations.

8 Dogwood

The white or pink flowers of the province's floral emblem bloom in spring.

9 Japanese Flowering Cherry

More than 19,000 of these exquisite blossoming trees line Vancouver city streets.

10 Maple

Canada's national tree grows in bigleaf, Douglas, and vine varieties. Bigleaf wood is used for First Nations canoe paddles.

To avoid disappointment, book ahead for a spot at the VanDusen Botanical Garden's Festival of Lights in December

Left **Provence Marinaside** Right **Bacchus Restaurant**

TOP 10 Restaurants

1 Provence Marinaside

Dining at the wood tables amid the bright Mediterranean color scheme is a casual delight, with the food itself living up to fine dining. Fresh local seafood is featured, with a raw oyster bar and antipasti showcase. A sommelier helps out with the impressive wine list. Weekend brunches *(see p83)*.

2 CinCin Ristorante & Bar

The Mediterranean-inspired menu of this inviting space includes wood-fired pizzas and alder wood-grilled meat and fish. If you're not in a rush, order the melt-in-your-mouth free range chicken cooked under a brick in the wood-fired oven for 25 minutes. On the terrace, trees mute the hustle of the street below. Choose from 925 wines *(see p73)*.

CinCin Ristorante & Bar

3 Blue Water Café and Raw Bar

Exquisite wild seafood is served in a 100-year-old brick-and-beam warehouse. The decor is contemporary, the atmosphere friendly, and the kitchen serves mouth-watering delicacies such as Quadra Island honey mussel soup and seafood towers of fresh shellfish, sushi, and Dungeness crab. The Raw Bar is the domain of a master sushi chef. Superb champagne list *(see p83)*.

4 Il Giardino

Internationally known restaurateur and chef Umberto Menghi has re-created the mood and atmosphere of Tuscany. Menu choices satisfy with items such as *osso buco*, roasted pheasant, and flash-seared tuna. Follow up with one of the wonderful desserts, such as tiramisu or crème brûlée, all made in-house. An extensive wine list includes international and local vintages. In the summer, the exquisite garden patio is a favorite *(see p83)*.

5 Bacchus Restaurant

A pianist plays as diners savor the dishes created from locally sourced ingredients, including wild salmon, ranch venison, and rack of lamb. Gorgeously lush, Bacchus reeks of old-city money, and attracts a clientele appreciative of its European-style setting. European, California, and BC wines make up a noteworthy wine list *(see p73)*.

Blue Water Café and Raw Bar

West Coast cuisine highlights local seafood, meats, and produce, often incorporating ingredients unique to the region

Diva at the Met

6 Diva at the Met

Pacific Northwest dining with an international touch. Seating is on four tiers, beneath lofty ceilings. Stand-out dishes include slow-smoked Washington State duck and Alaskan black cod. The desserts tempt one to forgo an entrée. A sommelier helps choose from 550 selections *(see p73)*.

7 Imperial Chinese Seafood Restaurant

This jewel of a restaurant offers Cantonese delicacies such as shark's fin soup, Peking duck, and sautéed lobster and crab. Lunch and dinner are served, but enticing *dim sum* appear only at lunch. Repeatedly named a Distinguished Restaurant of North America, the Imperial is buoyed by a bevy of Hong Kong-trained chefs *(see p65)*.

8 Raincity Grill

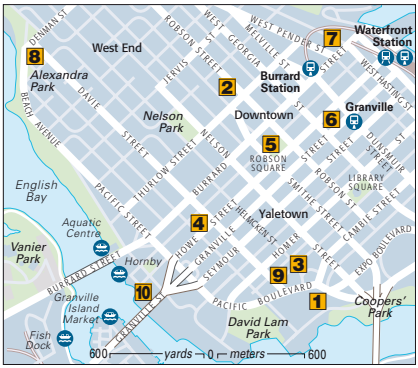
White tablecloths, leather banquets, and wood floors make for casual, upscale dining. The menu is seasonal: game in winter gives way to fish choices in summer. West Coast wines from California to BC are featured *(see p73)*.

9 Cioppino's Mediterranean Grill

Inventive *cucina*-style dishes are made with fresh vegetables, olive oil, and low-fat cream sauces for a pleasing meal that is easy on the waistline. Or choose the juicy Black Angus beef with calamari, lobster, and escargot. A patio and excellent wine list round out the experience *(see p83)*.

10 C Restaurant

The best of contemporary regional fish dishes are featured at this sleek waterfront restaurant. Try incomparable Kagan Bay scallops or Nordic spirit sablefish to get into the BC spirit. Chef Robert Clark has been voted one of the best in Canada *(see p83)*.



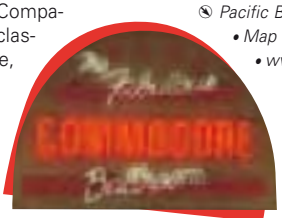
Early-bird **prix fixe** *menus offer economy and variety at some restaurants; call ahead for details*

Left **Queen Elizabeth Theatre & Vancouver Playhouse** Right **BC Place**

TOP 10 Entertainment Venues

1 Queen Elizabeth Theatre & Vancouver Playhouse

Home to the Vancouver Opera and Ballet BC, and hosting many guest artists, the Queen Elizabeth Theatre is located in a 1960s-built, Modernist venue. Adjacent to this theater, in an urbane yet cozy 672-seat space, is the Vancouver Playhouse Theatre Company, which features classics by Shakespeare, Shaw, and others, along with modern US and Canadian plays. *Hamilton at Dunsmuir sts • Map L4 • 604 665 3050 • www.city.vancouver.bc.ca/theatres*



Commodore Ballroom sign

2 Commodore Ballroom

The Commodore has been around for more than 75 years. Its eclectic national and international acts have included Talking Heads, Tina Turner, and Dizzy Gillespie, as well as Canada's hottest bands and solo artists, and world music performers. Tickets required *(see p74)*.

3 Stanley Theatre

This 1930s movie house was restored to its former elegance in 1998. It is now home to musicals, classical plays, and comedies. The Stanley is one of the city's most nostalgic venues, a classic favorite remembered fondly by many oldtimers. *2750 Granville St • Map B2 • 604 687 1644 • www.artsclub.com*

4 General Motors (GM) Place

This huge venue is home to the Vancouver Canucks National Hockey League team. The stadium is also one of the busiest entertainment venues in North America: since 1995, the venue has hosted some 170 concerts and events each year. *Pacific Blvd N at Abbott St • Map L4 • 604 899 7889 • www.canucks.com/gm*

5 BC Place

A Vancouver landmark with its white-domed roof, this stadium opened in 1983. Its covering is the largest air-supported roof in the world. Football is the main attraction, featuring the BC Lions, as well as major concerts and trade shows. The stadium converts in a few hours from a 70,000-seat football field to a 30,000-seat concert bowl. *777 Pacific Blvd • Map L4–L5 • 604 669 2300 • www.bcplacestadium.com*

6 Vancouver East Cultural Centre

Canadian and international theater and dance, Baroque opera, music from string quartets to bluegrass, and family programs are all presented in this renovated 1909 Methodist church. Folksy with an avant-garde twist best describes the shows in this casual, small-theater setting. *1895 Venables St • Map B2 • 604 251 1363 • www.vecc.bc.ca*

For events listings, check out **The Georgia Straight**, *a free weekly Vancouver tabloid* **See p110**

7 Orpheum Theatre

Restored to Baroque grandeur, the Orpheum is a lush, former Vaudeville palace built in 1926. Vancouver-born Hollywood star Yvonne de Carlo was an usherette here briefly in the late 1930s. Vancouver Symphony Orchestra and choral concerts, rock shows, and other quality musical events are performed here in the acoustically upgraded space. *884 Granville St • Map K4 • 604 665 3050 • www.city.vancouver.bc.ca/theatres*

8 Firehall Arts Centre

This heritage fire station, circa 1906, is now an innovative Gastown theater. Modern plays, many by home-grown talents, reflect cultural diversity through comedy and drama. The 175-seat studio theater includes an outdoor stage. A cozy, licensed lounge offers a chance to mix with local theater-goers. *280 E Cordova St • Map M4 • 604 689 0926 • www.firehallartscentre.ca*

9 Granville Island Stage/ New Revue Stage

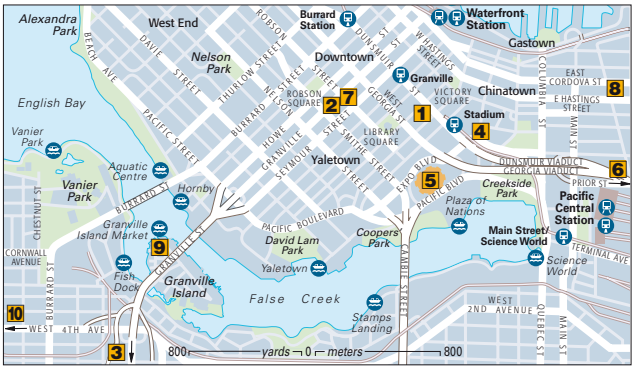
The Arts Club's 480-seat Granville Island Stage, and 220-seat New Revue Stage across the alley, prove theater doesn't have to be formal. Comedies and dramas

Orpheum Theatre

with a light touch are featured at the former, while daring Vancouver TheatreSports League improvisation shows fill the latter. *Granville Island Stage: 1585 Johnston St, 604 687 1644; TheatreSports League, 1601 Johnston St, 604 738 7013 • Map H5 • www.artsclub.com*

10 Chan Centre for the Performing Arts

In this striking, cylindrical, three-venue center music is performed in the glorious 1,200-seat Chan Shun Concert Hall, whose adjustable acoustic canopy allows all types of music to sound their best. A small, experimental theater and a cinema round out the entertainment venues. *6265 Crescent Rd, University of British Columbia • Map A2 • 604 822 9197 • www.chancentre.com*



Left **Bard on the Beach** Right **Vancouver Pride Festival parade**

TOP 10 Festivals & Events

1 Bard on the Beach Shakespeare Festival

Bard on the Beach, Western Canada's largest professional Shakespeare festival, presents works by the Bard, and related events. English Bay forms the backdrop for the open-air stages. *Vanier Park • Map G4 • Jun–late Sep • 604 737 0559*

2 Alcan Canadian International Dragon Boat Festival

Over 2,500 paddlers from around the world gather for a weekend of exhilarating fun. There's more to do than just watch the races. Food, exhibits, and entertainment abound. Admission to Science World is included in the ticket price. *False Creek • mid-Jun • 604 688 2382*

Alcan Dragon Boat Festival

3 HSBC Celebration of Light

The night skies fill with spectacular fireworks, accompanied by broadcasted music, as three countries compete to win top bragging rights. Huge crowds flock to English Bay, Vanier Park, Kitsilano, Jericho, and West Vancouver beaches, so go early to snag a good spot, and bring a blanket to sit on. *Jul & Aug*

Fireworks, HSBC Celebration of Light

4 Vancouver Pride Festival

For two weeks, gays and friends of gays gather in the city's West End to celebrate diversity. The festival is a bevy of picnics, dances, cruises, breakfasts, and a grand finale parade and beach-side party, with thousands in attendance. *late Jul–early Aug • 604 687 0955*

5 Festival Vancouver

A sophisticated mix of Canadian and international classical, choral, jazz, and world musicians make this two-week event a perfect fit with Vancouver's urbane yet relaxed atmosphere. Held at various venues around the city, including UBC's First Nations longhouse; some performances and educational events are free. *early Aug • 604 688 1152*

For tickets to many of Vancouver's events and festivals, contact Ticketmaster 604 280 4444, www.ticketmaster.ca

6 Vancouver International Film Festival

Eclectic yet accessible programming draws over 150,000 people. A strong showing of films from Canada and the Pacific Rim.
✎ *early Oct • 604 685 0260*

7 Vancouver International Jazz Festival

Jazz in every imaginable style and all its dimensions, from upwardly mobile performers to big names, is presented in some 400 concerts at various venues around town. Wraps up with an outdoor multi-stage free weekend.
✎ *late Jun–early Jul • 604 872 5200*

8 Vancouver International Writers & Readers Festival

International and Canadian writers attract throngs of readers to forums, readings, and literary cabarets in English and French. Writers stay on the festival site, so there's a good chance you'll see and even chat to a celebrity author. ✎ *Granville Island • late Oct • 604 681 6330*

9 Vancouver Folk Music Festival

Canadian and international performers play rain or shine on open-air stages. The waterside park becomes its own township as 25,000 folk music fanatics settle in for three evenings and two full days of non-stop music and good vibrations. ✎ *Jericho Beach Park • mid-Jul • 604 602 9798*

10 Vancouver International Comedy Festival

Generous doses of stand-up, burlesque, sketch comedy, improvisation, and free street performances by top Canadian and international comedians.
✎ *mid-Oct • 604 683 0883*

Top 10 Performing Groups

1 Firehall Arts Centre

Entertaining shows with a multi-cultural twist *(see p43)*.

2 Ballet British Columbia

World-class ballet under bold leadership. ✎ *604 280 3311*

3 The Playhouse Theatre Company

Modern and classical plays, including Canadian works.
✎ *604 873 3311*

4 Vancouver Opera Company

Grand-scale productions with ravishing Canadian and international voices. Traditional and contemporary pieces. ✎ *604 683 0222*

5 Vancouver Symphony Orchestra

World-class orchestral music, often with international guest artists. ✎ *604 280 3311*

6 Early Music Vancouver

Varied concerts of works by Medieval to late-Romantic composers. ✎ *604 732 1610*

7 Arts Club Theatre Company

Contemporary drama at Granville Island Stage and the Stanley Theatre. ✎ *604 280 3311*

8 Vancouver Theatresports League

Hilarious improv-based comedy and parody at Granville Island's New Revue Stage. ✎ *604 738 7013*

9 Kokoro Dance Company

Distorted movement and great intensity characterize Kokoro's *butoh*, a postwar Japanese dance form. ✎ *604 662 7441*

10 Hoarse Raven Theatre

Enjoy a delightful romp at long-running *Tony n' Tina's Wedding*. ✎ *604 258 4079*

Left **Science World** Right **Sea otter, Vancouver Aquarium**

TOP 10 Children's Attractions

1 Science World

Kids can get involved in the displays at this hands-on discovery center and they won't even know they're learning something. A good rainy day diversion, Science World also has birthday packages, and the Alcan OMNIMAX Theatre *(see pp22–3)*.

2 Miniature Railway & Children's Farmyard

Stanley Park's miniature railway makes a 15-minute excursion through the forest. At the Children's Farmyard, get up close to goats, sheep, pigs, and ponies, as well as more exotic beasts. There's plenty to do for free, too. Second Beach has a play area, swimming pool, and beach.

Stanley Park • Map G1 • 604 257 8531 • Open year-round; hrs vary • Adm • www.parks.vancouver.bc.ca

Miniature Railway locomotive

3 Capilano Suspension Bridge

Walk the swaying bridge, then climb Treetops Adventure's boardwalks and platforms perched high in the forest *(see pp14–15)*.

4 CN IMAX Theatre

Kids will feel like they're in the middle of the action with this screen wide enough to hold a life-size image of a whale *(see p13)*.

5 Vancouver Aquarium

Canada's largest aquarium introduces kids to everything from eels and octopuses to tropical fish in re-created natural habitats. Naturalists are on hand to answer questions. Special events for kids include sleepovers with the whales *(see pp10–11)*.

6 Richmond Nature Park

Even young children will be able to navigate the 3 miles (5 km) of well-groomed trails to spy turtles, frogs, hummingbirds, deer, or coyote around the bog, pond, and forest. The trail circling the pond is wheelchair accessible. The Nature House features interpretive exhibits, and special events include the popular Slugfest.

11851 Westminster Hwy, Richmond • Map B3 • 604 718 6188 • Open 9am–5pm daily • Adm by donation

Capilano Suspension Bridge

CN IMAX Theatre showings range from nature documentaries to animated features to remastered Hollywood blockbusters

Skyride, Grouse Mountain

7 Grouse Mountain
Grouse offers more than just skiing and snowboarding. Summer family activities include hiking, paragliding, guided eco-walks, or simply riding the Skyride to the top. At the Refuge for Endangered Wildlife, see peregrine falcons, gray wolves, and grizzlies. Loggers throw axes and roll logs at the lumberjack show *(see p86)*.

8 H.R. MacMillan Space Centre
Touch a moon rock, morph into an alien, or climb aboard a spacecraft and let the motion simulator replicate the feeling of space travel. Laser and star shows *(see p78)*.

9 Playland & the Pacific National Exhibition
Playland has rides for all ages, including its famed wooden roller coaster, plus a climbing wall, mini-golf, midway games, and cotton candy. The Pacific National Exhibition runs mid-August to September, with animals, entertainment, and demolition derbies. ✎ *2901 E Hastings St • Map B2 • 604 253 2311 • Open Jun–Sep: daily; Apr–May: Sat & Sun; hrs vary • Adm • www.pne.ca*

10 Maplewood Farm
Kids enjoy pony rides, sheep shearing, cow milking, and mingling with the animals at this farm. Picnic area, greenhouse, and aviary, too. ✎ *405 Seymour River Pl, N Vancouver • Map C1 • 604 929 5610*

Top 10 Places to Eat with Kids

1 Old Spaghetti Factory
Pastas and more in a memorabilia-filled warehouse. ✎ *53 Water St • 604 684 1288*

2 White Spot
Classic burgers, fries, and Pirate Packs, as well as healthier choices. ✎ *580 W Georgia St • 604 662 3066*

3 Sophie's Cosmic Café
Fun 1950s decor with booths, big portions of comfort food, weekend lineups. ✎ *2095 W 4th Ave • 604 732 6810*

4 Sha Lin Noodle House
Cheap and yummy noodles, made before your eyes. ✎ *548 W Broadway • 604 873 1816*

5 Café Deux Soleil
Where hip young vegetarian families meet. Toddlers' play area. ✎ *2096 Commercial Dr • 604 254 1195*

6 The Cat's Meow
Unfussy lunch spot near Granville Island's Kids Market. ✎ *1540 Old Bridge St • 604 647 2287*

7 Hon's Wun-Tun House
Potstickers, soup, *dim sum,* quick service in a lively informal atmosphere. ✎ *1339 Robson St • 604 685 0871*

8 Earl's
Dishes for everyone, from pizza to fine dinners. ✎ *1185 Robson St • 604 669 0020*

9 Boathouse
Relaxed West Coast cuisine, children's menu, great view from the patio. ✎ *1795 Beach Ave • 604 669 2225*

10 Topanga Café
A laid-back Vancouver favorite serving California-style Mexican food from a menu that children can have fun coloring. ✎ *2904 W 4th Ave • 604 733 3713*

Several of the kids-friendly restaurants listed have multiple locations; check the phone book

Left **Seawall, English Bay** Right **Snowboarder, Cypress Provincial Park**

TOP 10 Great Outdoor Places

1 English Bay

This beautiful bay is a popular West End attraction. On New Year's Day it hosts the polar bear swim, when thousands of swimmers brave the cold waters. More popular is walking the seawall that runs beside the bay into Stanley Park, fueled with caffeine or ice cream from nearby Davie and Denman street cafés *(see p8)*.

2 Lighthouse Park

Park in the convenient lot or hop off the bus and enjoy a fairly easy walk though West Vancouver's 500-year-old forest to the boulder-lined shore, and the 1912 Point Atkinson Lighthouse. The old-growth forest was slated to be felled to provide fuel for the lighthouse and its steam fog alarm. Luckily, it was never logged. Six miles (9.5 km) of trails provide day hikes through this entirely natural park, with its native trees and plants *(see p88)*.

Lighthouse, Lighthouse Park

3 Jericho Beach

This family-friendly park has an outdoor shower and changing rooms for freshening up after a day splashing in the water. Picnics on the beach are a favorite pastime. To take advantage of Pacific breezes, rent a windsurfer. Lessons are available for beginners to advanced. ⊘ *Map A1 • Windsure Windsurfing: 604 224 0615*

4 Cypress Provincial Park

Cypress Mountain, one of the park's several peaks, is the biggest alpine ski and snowboarding area on the North Shore. In summer, activities include mountain biking, hiking, and wilderness camping in the park's rugged backcountry areas.

⊘ *Map A1 • 604 926 5612*

5 Grouse Mountain

The gondola ride to the summit provides thrilling views of the city and beyond. Skiing and snowboarding are guaranteed in winter, courtesy of snowmakers. Sightseeing and lots of activities in the summer *(see p86)*.

6 Kitsilano Beach and Park

"Kits" Park is connected by a tree-lined walk to the beach, favored by swimsuit-clad volleyball players and sunbathers. Busy Olympic-size Kitsilano Pool overlooks the beach. ⊘ *Map B2 • Kitsilano Pool: 604 731 0011*

Kitsilano Beach

A seawalk extends from west of Jericho Beach through Kitsilano and Vanier parks **(see p78)** *to Granville Island* **(see pp20–21)** *and beyond*

7 Wreck Beach
Getting down to Wreck Beach is easy, via a steep trail leading from SW Marine Drive on the UBC campus *(see p85)*. The hard part is the climb back up from this clothing-optional beach. Beware: ogglers on the beach are conspicuous. There are spectacular views across the Strait of Georgia toward Vancouver Island *(see p53)*.

8 Mount Seymour Provincial Park
Drive to the top of Mount Seymour for glimpses of deer and bears, and for views of Deep Cove and Indian Arm. The park, on the eastern end of the Coast Mountain range, is popular in winter, with gentle slopes for beginners as well as challenges for more advanced skiers and snowboarders. Hiking is a summer activity. The park encompasses Mount Seymour, Mount Elsay, and Mount Bishop. ✎ *Map C1 • 604 986 2261*

9 Beacon Hill Park
Since 1858, Beacon Hill Park has been the queen of Victoria's open-air spaces. Wooden bridges over the stream, petting zoo, and English-style rose garden add charm to the peaceful setting. Views of the Strait of Juan de Fuca from some points in the 62-acre (25-ha) park. Visitors can walk, bird-watch, ride horses, and picnic on the beach *(see p96)*.

10 Cathedral Grove
The grove, located in MacMillan Provincial Park on Vancouver Island, provides an awe-inspiring look at a virgin coastal forest. Giant, ancient Douglas-fir trees share the forest with stands of hemlock and Western red cedar. Loop trails are located on either side of Hwy 4. Scenic Cameron Lake is nearby. ✎ *Map C4*

Top 10 Outdoor Activities

1 Cycling
Stanley Park's seawall *(see p8)* has a dedicated bike lane. ✎ *Spokes Bicycle Rentals, 1798 W Georgia St • 604 688 5141*

2 Sailing
English Bay and Vancouver's outer harbor beckon. ✎ *Simplicity Sailing Charters • 604 765 0074*

3 Rock Climbing
Over 1,000 routes on the Squamish Chief make it a top climbing destination *(see p89)*.

4 Skiing & Snowboarding
Whistler-Blackcomb is one of the top resorts in North America *(see pp28–31)*.

5 Hiking
Completing the 2-mile (3-km) Grouse Grind wins you bragging rights *(see p86)*.

6 Canoeing & Kayaking
Vancouver and Gulf Island canoeing and kayaking take little training. ✎ *Lotus Land Tours • 604 684 4922*

7 Golfing
Golden Ears mountains are the backdrop for a championship course. ✎ *Newlands Golf & Country Club, 21025 48th Ave, Langley • 604 533 3288*

8 In-line Skating
Stanley Park's seawall *(see p8)* makes for a satisfyingly long skate. ✎ *Bayshore Rentals, 745 Denman St • 604 688 2453*

9 Snowshoeing
Take a few minutes to master the skill, then enjoy the pristine wilderness. ✎ *Cypress Mountain • 604 926 5612*

10 Whale-Watching
Don a sweater and waterproof jacket, bring your binoculars, and watch the majestic orcas *(see p109)*.

There is no lifeguard on duty at Wreck Beach

Left **AuBAR** Right **Sonar**

TOP 10 Bars & Clubs

1 AuBAR Nightclub

An upscale feel is created by the polished decor, complete with candles dotting the tables of the intimate seating areas. Lofty 22-ft (7-m) ceilings give an open feel to the dance floor. Friday night features top DJs spinning hip-hop and R&B, while Saturday nights percolate with Top 40s music. Plush seating in the lounge is also inviting. High-rollers drink Courvoisier and Hennessey. Fruity martinis such as Carmel Apple, Passion, and Starburst are favorites. This is definitely a see-and-be-seen type of place. You might even spot a Hollywood celebrity or two in the crowd. Dress code enforced. *(see p74).*

ginger 62 sign

2 ginger 62

Action in this self-styled "cocktail den and kitchen" starts at 8pm every night of the week. The atmosphere of the bar, with its dance floor, lounge, and more intimate Red Room, is a mix of 1960s and Asian inspirations. Reservations are a must for a seat at the cool white-and-red banquets. Live music and hot DJs – spinning hip-hop, R&B, club tracks, house, and more – are boosted by yummy Asian-influenced tapas. The hip crowd also loves its martinis and cocktails, with names like Frank & Dean and Ginger Not Marianne *(see p74).*

3 Sonar

This sexy and casual Gastown club accommodates crowds of 500 and more. Red brick arches lead from the front lounge into a variety of areas, including a stand-up bar and black leather banquets. Hip-hop, Top 40, and funk are at home here, with Sonic Saturdays guided by DJs, and alternative and electronic music on Sunday night *(see p64).*

4 AFTERglow Lounge

An intimate, 50-seat area adjacent to glowbal grill & satay bar *(see p83),* this lounge is dark, smooth, and mellow. The crowd looks good, the energy is positive, and there's a tasting-style satay menu. More than 20 wines are offered by the glass, plus yummy martinis *(see p82).*

5 Commodore Ballroom

Opened in 1926, this club has weathered many musical eras. Catch one of the many great acts or, on Tuesday nights, test out the room's bouncy sprung floor as you dance to disco music or party at one of the ample tables along the sides. Updated, and always on the cutting edge of music, the Commodore lives on as the city's great-grandfather of clubs *(see p74).*

The 12-route NightBus service runs every 30 minutes nightly to 3am; route info: TransLink, 604 953 3333 or www.translink.bc.ca

6 Richard's on Richards

The granddaddy of local clubs is still going strong. Always in tune with the times, the club presents ticketed live shows by top rock and pop musicians from 7pm to 10pm. Then it swings open its doors for a free-for-all, as the DJ spins Top 40 hits for those grooving on the spacious dance floor. Theme nights, too *(see p82)*.

Bar, Richard's on Richards

7 Caprice Nightclub & Lounge

Clean, lean, and modern, this cavernous nightclub has a dance floor for 400. The music is eclectic, with dee-jayed retro classics and R&B. All-request Top 40 is featured on alternating nights. The lounge, with a separate entrance, is a more intimate space, with its warming fireplace *(see p74)*.

8 SkyBar

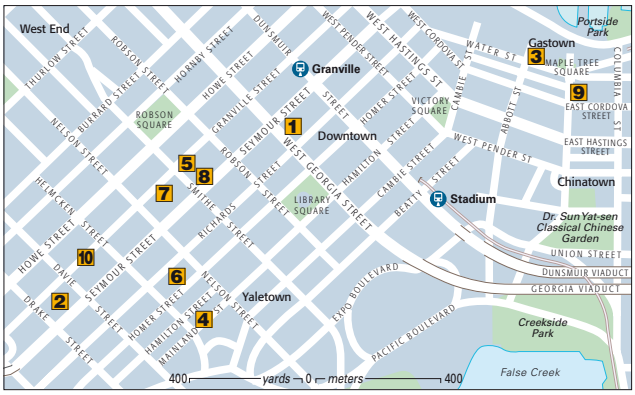
A three-level complex with a Miami feel, where the well-heeled downtown crowd lets loose after a hard-working week. On the first floor is a martini bar, on the second, a large dance floor, and on the rooftop, a restaurant *(see p74)*.

9 The Irish Heather

This gastro-pub serves up good food in a casual and friendly pub setting. Shebeen, a whiskey house with a fantastic selection of single malts, bourbon, rye, scotch, and whiskey, is located in a renovated 19th-century coach house across the private courtyard *(see p64)*.

10 Crush Champagne Lounge

A fashionable lounge with a small dance floor. Eclectic entertainment adds to the energy of this casual, upbeat spot. Known for its wine list, Crush also offers all the usual refreshments, including champagne cocktails using fresh fruit purée. Jazz and classic lounge selections, R&B and soul *(see p74)*.



Left **Patio, Fountainhead Pub** Right **Little Sister's sign**

TOP 10 Gay & Lesbian Hangouts

1 The Davie Village

Davie Village, with its fuchsia bus shelters and trash bins, is Vancouver's gay 'hood. Located in the West End between Burrard and Jervis streets, it's a 24-hour strip with cafés, myriad shops, including sex shops, clubs, restaurants for all budgets, and bars. The Centre, at 1170 Bute Street, provides health and social services to the community. *Map H4*

Davie Village street banners

2 Fountainhead Pub

With its excellent selection of lagers on tap and appetizing menu, the Fountainhead Pub is a good first stop when hitting Davie Village. As a neighborhood sports bar, it's a great place to watch sports play-offs on TV. The patio is a prime spot for people-watching in the thick of the Village. *1025 Davie St • Map J4 • 604 687 2222*

English Bay

3 Little Sister's Book & Art Emporium

If there is an anchor to Vancouver's gay community, Little Sister's is it. More than a bookstore, it's a long-standing institution that has taken Canada Customs to the Supreme Court of Canada in its fight for freedom from censorship. Good selection of literature, event tickets, gift items, clothing, DVDs, and play things. *1238 Davie St • Map H3 • 604 669 1753*

4 Lick

Lick describes itself as Vancouver's only "all-girl-operated underground queer night club." Welcoming everyone, the club has a great sound system, with a harder core tech night on Thursdays. In a complex with three other bars, all gay-friendly. *455 Abbott St • Map L4 • 604 685 7777*

5 English Bay

Adorned with Pride flags in the summer, English Bay is the destination for those with coffees-to-go from nearby cafés. Grab a park bench or a spot on the sandy beach and watch the world go by. Or enjoy the vista from one of the bars and restaurants along the waterfront. In the heat of summer, English Bay sizzles with skin and buff bods. It's also a great place to swim and suntan *(see p48)*.

The Centre provides referrals, counseling, a library, and various programs; call 604 684 5307 or visit www.lgtbcentrevancouver.com

Celebrities

6 Celebrities

Brilliant lighting and visuals, state-of-the-art sound, and the city's hottest DJs and performers get the crowd – gay, straight, bi, and curious – moving. *1022 Davie St • Map J4 • 604 681 6180*

7 Delaney's Coffee House

Perhaps the city's most popular see-and-be-seen coffee house, with a good-sized patio. *1105 Denman St • Map G2 • 604 662 3344*

8 Wreck Beach

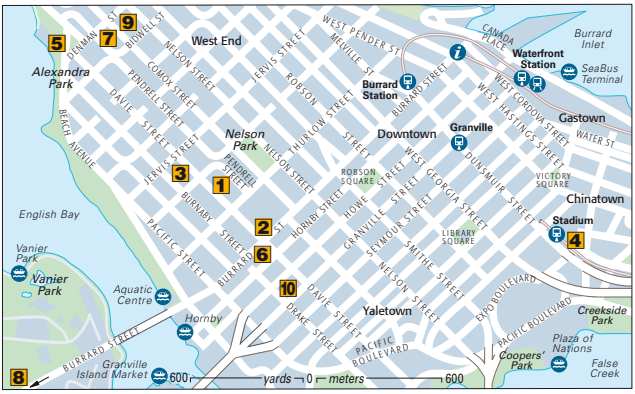
Beneath the cliffs of Point Grey and accessible by steep trails through the rainforest, Wreck Beach is a must for those who enjoy sunbathing *au natural*. Vendors sell everything from piña coladas to tanning oil. *Map A1*

9 Delilah's

The West Coast continental menu of this lush and sexy restaurant-bar is bolstered by its martini list, which have many salivating before they even finish reading. *1789 Comox St • Map H2 • 604 687 3424*

10 Odyssey

Though it's been around a long time, this nightclub hasn't lost any of its youthful energy. Each night of the week is different, with drag shows, go-go dancers, male strippers, karaoke, and gay bingo. Odyssey also has what's billed as Vancouver's only private garden bar – secluded, intimate, and one of most popular summer spots for gays and straights alike. *1251 Howe St • Map J4 • 604 689 5286*



While the West End is extremely gay-friendly, care should be taken when visiting Stanley Park at night

Left **Fashions, Robson Street** Right **Italian boots at Bionic Footwear, South Granville**

TOP 10 Shopping Destinations

1 Robson Street

Fashionable Robson Street's shopping epicenter is the corner of Burrard and Robson where Virgin Megastore and Roots Canada *(see p72)* make their homes. Browse internationally known clothing, shoe, accessory, and home furnishing stores, or shop for clothing at Canadian-owned Aritzia. Try Lush for bath and body products. Take a breather at any of the many restaurants en route *(see p69)*.

2 Granville Island

There's more to shopping on the Island than just fresh foods at the Public Market: look for silver jewelry and hats among the stalls *(see p80)*. The Net Loft – once used for fishing net repairs – sells neat things, such as handmade paper and hand-dyed clothing. The bountiful Kids Market offers lots of mini-shops and activities for the wee ones (*see pp20–21*).

Pousse café glassware, Granville Island

3 Gastown

Gastown's century-old buildings have morphed into one-of-a-kind boutiques, First Nations art galleries, and specialty shops selling everything from buttons to cowboy boots to urban designer clothing. Gastown has long been known for souvenirs, and many retailers selling both classic and kitsch Canadiana line Water Street and the smaller streets leading out from it (*see p61*).

4 South Granville

South Granville shopping extends along Granville Street from 2nd to 16th avenues. At least a dozen art galleries are found here. The casually elegant strip is home to brand-name and high-end European clothing purveyors such as Bacci, Boboli *(see p81)*, and MaxMara. Fabulous yet affordable footwear awaits at Bionic Footwear and Freedman Shoes. Several lingerie shops, too. ✎ *Map H6*

5 Sinclair Centre

Four heritage buildings are grouped to create an elegant, upscale shopping mall. The three levels of retail indulgence include two floors of exclusive shops offering luxury accessories and clothing from the likes of Versace, Armani, Prada, and DKNY. The lower level has a food fair. ✎ *757 W Hastings* • *Map L3*

6 Chinatown

Vancouver's oldest and largest ethnic shopping area has struggled at times to survive with competition from Richmond's Asian super-malls. Yet Chinatown hangs on, its crowded streets filled with bargain-hunters. Shops selling herbs and potions, exotic delicacies, fresh seafood and vegetables, leather goods, and Asian souvenirs appear elbow to elbow *(see p62)*.

Shopabout Tours, run by knowledgeable locals, hits the city's retail hot spots; call 604 375 1228 or visit www.shopabout.ca

7 Metrotown

Metropolis at Metrotown is BC's largest mall. The atmosphere is charged with the energy of thousands of daily shoppers. Department stores The Bay and Sears *(see p112)* anchor the mall, with chains and independents well represented by 470 stores. The 17 movie theaters and three games centers ensure that there's entertainment for all, even if shopping's not their thing. ✎ *4720 Kingsway, Burnaby • Map C2 • 604 438 4700*

8 Pacific Centre

More than 150 stores and services stretch beneath Granville Street in the heart of downtown Vancouver. After checking out The Bay and Sears *(see p112)*, two major department stores among the many street-level shops, descend to the boutiques and specialty stores below, selling clothing, jewelry, sportswear, gadgets, and more. High-end retailers include Holt Renfrew *(see p70)*.

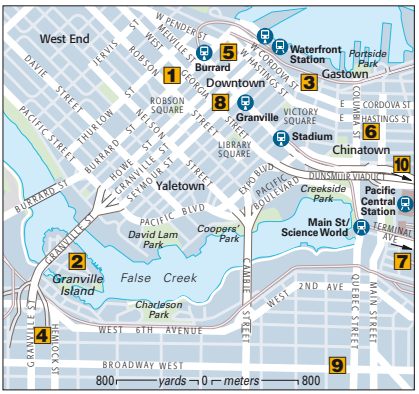
9 Broadway Avenue

Originally designed to be the city's major thoroughfare, Broadway Avenue's shopping hotspots are located between Main and Alma streets. Mountain Equipment Co-op, at the eastern end, requires a small membership fee, but the sportswear is superb. Going west, the street is dotted with clothing stores, bookshops, and health food stores, particularly at Granville, Arbutus, and Macdonald streets, the latter home to the city's Greektown. ✎ *Map A1–B1*

Clothing store, Commercial Drive

10 Commercial Drive

The Drive, as it's known locally, is funky and fun, the epitome of hip and casual. Once Vancouver's Little Italy, the area is now an easy-going, multi-ethnic mix of clothing shops, book and magazine stores, vintage-wear boutiques, and second-hand outlets. Start at East Broadway Avenue and Commercial Drive and walk north to Venables Street, admiring the distant Coast Mountains along the way. ✎ *Map B2*



Metropolis at Metrotown has over 4,000 spaces in its free parking lot, or access the mall via SkyTrain, alighting at Metrotown station

Left **Vida** Right **A massage at Grotto Spa**

TOP 10 Spas

1 Willow Stream Spa

The signature treatment, Island Senses for Healthy Energy, includes a pine hydrotherapy bath and restoring massage with aromatic lavender oil. The spa's setting is as romantic as the hotel it's located in. *Fairmont Empress Hotel, 721 Government St, Victoria • Map P4 • 250 995 4650*

2 Vida

Clients are first analyzed by specialists in Ayurvedic massage for the best way to treat their *dosha*, or body composition, using 5,000-year-old holistic techniques. Then it's on to balancing the *dosha* with dry brushing, a steam in the cedar cabinet, and warm maple-scented oil massages. *Fairmont Chateau Whistler • Map F1 • 604 938 2086*

Essential oils

3 Spa at the Wedgewood

A full-service hotel spa offering the Chai Soy anti-stress back treatment, which also includes a relaxing scalp and foot massage. The cinnamon enzyme facial, with its skin tightening effect, is a favorite. *845 Hornby St • Map K3 • 604 689 7777*

4 Grotto Spa

Overlooking an expanse of beach, BC's largest spa resort offers a wide range of treatments, including couple's massages. West Coast seaweed is part of a sensuous scrub, wrap, facial, and massage package. *Tigh-Na-Mara Seaside Resort and Spa, 1155 Resort Dr, Parksville • Map C4 • 250 248 2072*

5 Absolute Spa at the Century

Escape into relaxation at this gloriously refurbished spa. Choose ancient Moor Mud to whisk away impurities, citrus facial treatments, or a luscious milk bath, just as Cleopatra enjoyed. Chocolate treatments for hands, feet, and body. *Century Plaza Hotel, 1015 Burrard St • Map J4 • 604 684 2772*

6 La Raffinage Spirit Spa

An oasis offering a holistic approach. Drift through a *reiki* or reflexology session combined with deep-tissue massage. Eye treatments, aromatherapy, and cranial sacral head massages. *521 W Georgia St • Map K4 • 604 681 9933*

7 silk road spa

This spa takes its cue from the Orient, where tea and relaxation balance each other for harmonious effect. Green tea, an antioxidant, is used in some treatments; aromatherapy enhances others. Products are freshly made. *1624 Government St, Victoria • Map P1 • 250 704 2688*

BC has the highest standard in Canada for registered massage therapists (RMT); facilities employing RMTs display certification

Spa at Four Seasons Resort Whistler

8 Spa at Four Seasons Resort Whistler

Eucalyptus steam rooms at this sparkling, high-ceilinged spa offer total relaxation. The BC glacial clay wrap uses rockweed and ocean mud. *4591 Blackcomb Way, Whistler • Map F1 • 604 935 3400*

9 skoah

Skin care is the focus at this luxurious spa. Its Facilicious treatment was part of the 2005 Oscar presenters' goody bag. Skin-calming plant extracts are mixed by a staff chemist. *1011 Hamilton St • Map J5 • 604 642 0200*

10 Avello Spa & Health Club

This elegant spa specializes in rock- and hydrotherapy. Water jets eliminate toxins; warm stones create trails of relaxing heat on the body. *Westin Resort, 4090 Whistler Way, Whistler • Map F1 • 604 935 3444*

Avello Spa & Health Club

Top 10 Health and Body Treatments

1 Hot Stone Massage

Locally sourced lava rocks are heated and applied to the body to eliminate stress and restore energy.

2 Seaweed Wraps

West Coast seaweed mud remineralizes the body. Followed by an application of hot towels, a wrap makes for wonderfully soft skin all over.

3 Plant Extracts Facial

Plants such as refreshing cucumber are blended with extracts, including gingko biloba and St. John's Wort, in creams that make the skin glow.

4 Couple's Massage

Sessions for couples focus on full-body relaxation massage with two therapists.

5 Body Sugar Exfoliation

Sugar and essential oils, including Canadian maple, are massaged into the skin to hydrate it and improve circulation.

6 Ayurvedic Steam Cabinet

A steam in a cedar cabinet is an aromatic way to detoxify.

7 Aromatherapy

Aromatic oils are blended for their mental and physical effects, often with a hint of cedar, pine, or lavender.

8 Shower Treatments

Warm water flushed over the body opens blood vessels, rejuvenating the system.

9 Ancient Thai Massage

This massage is done on the floor to combine deep compressions with yoga-like stretches for energy and calm.

10 Chocolate Hand Treatment

Warmed, creamy aromatic chocolate is applied to hands, with silky results.

Following pages **Entrance, Marine Heritage Building, Vancouver**

350

VANCOUVER & VICTORIA'S TOP 10

AROUND TOWN

Waterfront, Gastown & Chinatown 60–65

Downtown 68–75

South Granville & Yaletown 76–83

Greater Vancouver & Beyond 84–91

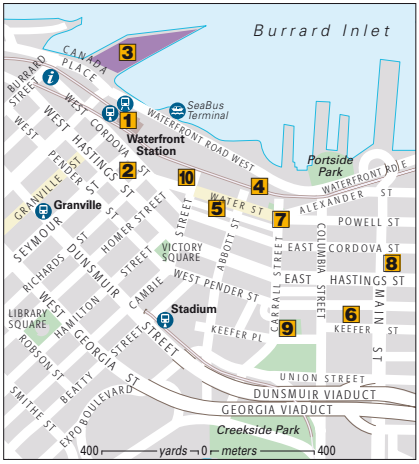
Victoria 94–101

Left **Waterfront Station** Right **Sidewalk stalls, Chinatown**

Waterfront, Gastown & Chinatown

THE WATERFRONT IS VANCOUVER'S HEART. *After New York, the city is North America's second largest port in both size and tonnage. With the opening of the cruise ship terminal at Canada Place in the mid-1980s, it also became one of the world's major cruise ship ports. A block away, Gastown's origin as a tough mill town is masked by gracefully restored heritage buildings constructed during the boom years of the early 1900s. The Landing, next to Waterfront Station, was one of the first to be renovated. Farther along West Cordova Stree begins Chinatown, the largest in North America after San Francisco's. The area that was once a marsh is now home to over 35,000 people of Chinese descent, though its growth and prosperity did not come easily – it was seen as a threat by seasonal workers, and a closed-door immigration policy was imposed in 1885. Today, Chinatown attracts throngs of shoppers looking for authentic Chinese food and souvenirs.*

Gassy Jack statue, Gastown



TOP 10 Sights

1. Waterfront Station
2. The Lookout!
3. Canada Place
4. Gastown
5. Storyeum
6. Chinatown
7. Maple Tree Square
8. Vancouver Police Centennial Museum
9. Dr. Sun Yat-Sen Classical Chinese Garden
10. Steam Clock

When you buy a ticket to The Lookout! it is valid for the entire day, so you can easily return for a sunset or night view of Vancouver

1 Waterfront Station

The station has been a transportation hub since 1887, when the original timber structure welcomed the first cross-Canada passenger train. The present building was built in 1914. With Vancouver Harbour as backdrop, the station's white-columned façade is impressive in a showy way. Inside, murals on the upper walls depict Canadian landscapes. *601 W Cordova St • Map L3*

2 The Lookout!

The showstopper of the Harbour Centre complex is its 581-ft (177-m) tower, home to The Lookout! observation deck. The ride up in the glass-fronted elevator takes a thrilling 50 seconds. From the enclosed viewing deck, the 360-degree view is splendid. On a clear day, you can see Vancouver Island to the west and Washington State's Mount Baker to the south. In the evening, many return to admire the intense sunsets over the water. *555 W Hastings St • Map L3 • 604 689 0421 • Open May–Oct: 8:30am–10:30pm; Nov–Apr: 9am–9pm • Adm*

Five sails, Canada Place

3 Canada Place

When Canada Place opened in 1986, it was greeted with controversy. Critics commented that its five "sails" were a poor imitation of Australia's Sydney Opera House. The complex is now a key player on the waterfront, which has grown up around it *(see pp12–13)*.

4 Gastown

The cobblestone streets of Gastown have been through many reincarnations. The current one is perhaps the most satisfying. Since the 1970s, the area has worked hard to better itself. The plethora of tawdry souvenir shops have largely been replaced with boutiques selling the work of local designers, a concentration of excellent First Nations and Inuit art galleries, restaurants, and clubs. *Map L3–M3*

View of the sunset over Howe Sound, looking toward West Vancouver from The Lookout!

The SkyTrain and SeaBus terminals are located inside Waterfront Station

5 Storyeum

Visitors are treated to a fascinating, fast-paced journey through BC's history – from Native legends to fur trader Hudson's Bay Company's westward drive, to the building of the transnational railway. Actors and technology interact, and audience participation is welcomed as the "citizens" of a Gold Rush town bring history alive through dance and song *(see pp16–17)*.

6 Chinatown

Stretching from Gore Avenue west to Carrall Street between Pender and Keefer streets, Chinatown dates back to the 1880s and the building of the Canadian Pacific Railway, when as many as 20,000 Chinese came to Canada. Today it is North America's second-largest Chinatown. Shops with their vegetable stalls spill onto the sidewalks. The Millennium Gate straddles Pender near Taylor Street and is the best place to start a walking tour of this lively area. *Map L4–M4*

Chinatown lamppost

An Iron Road, Coast to Coast

The grand saga of Canadian railways is a tale of power and pain. In 1886, Prime Minister John A. Macdonald fulfilled his promise to build a cross-Canada railway to unite the new Dominion of Canada. The first transcontinental passenger train arrived in Vancouver on May 23, 1887, where Waterfront Station now stands. The whole city came out to celebrate. Even the ships in the harbor were decked out in flags. The "Iron Road" was completed at last. Sadly, progress came at the loss of many lives, including more than 600 Chinese laborers.

Triangular Building, at Maple Tree Square

7 Maple Tree Square

The city of Vancouver has its roots in this small square. Standing atop his barrel of beer, the statue of John "Gassy Jack" Deighton commemorates Gastown's founder. The talkative publican built the city's first saloon with the help of thirsty sawmill workers. A maple tree here was once a popular meeting place until it was destroyed in the Great Fire of 1886. Gaoler's Mews was the site of the city's first prison, as well as the home of the city's first policeman, Constable Jonathan Miller.

Water St at Carrall St • Map M3

8 Vancouver Police Centennial Museum

Enter the old city morgue, now the police museum's forensic laboratory, and it's not difficult to imagine the coroner leaning over the slab, about to start an examination. Housed in the former Coroner Court, built in 1932, the museum has fine exhibits of counterfeit money, antique firearms, and street weaponry. Always popular is the knife room. Unsolved murders are depicted in displays complete with dummies and period costumes.

240 E Cordova St • Map M4 • 604 665 3346 • Adm

9 Dr. Sun Yat-Sen Classical Chinese Garden

This Ming Dynasty-style garden, the first built outside China, opened in 1986. It re-creates the private areas typically found in a Ming scholar's home. With its meandering paths, corridors and courtyards, and asymmetrically placed rocks, the garden invites contemplation on the beauty and rhythm of nature. Plants include local and traditional Chinese varieties, such as flowering gingko trees and twisted pines. *578 Carrall St • Map M4 • 604 662 3207 • Adm*

10 Steam Clock

Said to be the world's first steam-operated clock, this landmark is one of the most photographed in the city. But it's not an antique. Local horologist Raymond Saunders based the 16-ft- (5-m-) tall clock, at the corner of Water and Cambie streets, on an 1875 model. Be patient, and wait for the explosion of steam every 15 minutes. Erected in 1977, the bronze and gold clock strikes Westminster chimes every hour on the hour. *Water St at Cambie St • Map L3*

Steam clock, Gastown

A Day in Waterfront, Gastown & Chinatown

Morning

Begin at **Canada Place** *(see pp12–13)* for a view of the harbor. After strolling the promenade for 20 minutes, walk east to **Waterfront Station**, 601 W Cordova St, peeking at the scenic murals inside. At the junction of Cordova and Water streets, continue two blocks along Water to Cambie St to admire Gastown's **steam clock**.

A block further is **Storyeum** *(see pp16–17)*. Enjoy the 72-minute historical pageant before walking the block back to **Water Street Café** *(see p65)* for lunch.

Afternoon

Walk east 10 minutes to **Maple Tree Square**, at Water and Carrall sts, to see the statue of "Gassy Jack" Deighton, proprietor of the city's first saloon.

Walk four blocks south on Cambie St to W Pender and the **Dr. Sun Yat-Sen Classical Chinese Garden**. Explore the peaceful spot for 30 minutes, then spend another half hour at the adjoining **Chinese Cultural Centre Museum and Archives**, viewing exhibits on history, arts, and culture.

Head east on Pender St, admiring **Millennium Gate** as you walk through it into **Chinatown**. Spend the afternoon exploring the multitude of shops, keeping an eye on the wooden heritage buildings you pass.

End the day feasting on Cantonese dishes at **Floata Seafood** *(see p65)*. If the Chinatown Night Market is on (6:30pm–11pm Fri–Sun), add on a market stroll.

The steam clock is Vancouver's most-photographed attraction

Left **The Irish Heather** Right **Herons Lounge**

TOP 10 Bars & Clubs

1 The Irish Heather

There are about 100 single malts and Irish whiskeys to choose from in this attractive pub. Try the food, too – the menu includes many tasty pub favorites such as bangers 'n mash. ✎ *217 Carrall St • Map M4 • 604 688 9779*

2 Rossinis

A cozy spot to hear live jazz, offered nightly, while enjoying Italian fare. Children welcome. ✎ *162 Water St • Map L3 • 604 408 1300*

3 The Brickyard Bar

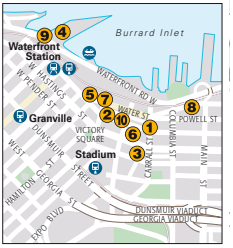
Local and touring bands play a wide range of music here, appreciated by a casual 20-something crowd. ✎ *315 Carrall St • Map M4 • 604 685 3922*

4 Cascades Lounge

Sip a lunchtime cocktail with pasta buffet or slip from happy hours to jazz-fuelled evenings with a pianist or jazz diva. The dining menu features light, exquisite dishes. Patio in summer. ✎ *Pan Pacific Hotel, 300-999 Canada Place Way • Map L2 • 604 895 2480*

5 Steamworks Brewing

Complement your pizza, pasta, burger, or satay with one of the several delicious beers brewed here, such as pale ale, nutbrown, or stout. ✎ *375 Water St • Map L3 • 604 689 2739*



6 Lamplighter

This historic pub opened in 1899. A laid-back crowd relaxes over drinks such as Guinness on tap and shooters. DJs and local and imported bands play indie, jazz or hip-hop. ✎ *210 Abbott St • Map L3 • 604 681 6666*

7 Shine NightClub

Dance to DJ-driven music, including rock, rap, electro, dance hall and reggae. Thursday night it's classic 1980s tunes. ✎ *364 Water St • Map L3 • 604 408 4321*

8 Alibi Room

DJs play funk, soul and hip-hop in this warm two-level space. Catch art shows and movie screenings in the lower lounge. A great place to meet people. ✎ *157 Alexander St • Map M3 • 604 623 3383*

9 Herons Lounge

With its array of trees and plants, this luxurious lounge has an outdoor ambience. Sink into an upholstered armchair and enjoy a chilled martini. ✎ *Fairmont Waterfront Hotel, 900 Canada Place • Map K3 • 604 691 1818*

10 Sonar

The high-energy crowd pulses to underground sound. There are four bars and plenty of dimly-lit corners to explore. Occasional live acts. ✎ *66 Water St • Map L3 • 604 683 6695*

***Note:** Unless otherwise stated, all bars, clubs, and restaurants accept credit cards*

Price Categories

For a three-course meal for one with half a bottle of wine (or equivalent meal), taxes, and extra charges.

$	under $20
$$	$20–$35
$$$	$35–$60
$$$$	$60–$85
$$$$$	over $85

Above **Water Street Café**

TOP 10 Restaurants & Cafés

1 Imperial Chinese Seafood Restaurant

This restaurant, serving superb Cantonese food, is located in the 1929 Art Deco Marine Building. *355 Burrard St • Map K3 • 604 688 8191 • $$$$*

2 Aqua Riva

Overlooking the harbor, the mood here is low-key chic. Local produce, West Coast-inspired *cioppino,* and wood-oven pizza are featured. *200 Granville St • Map L3 • 604 683 5599 • $$$*

3 Sitar Restaurant

Classic North Indian dishes such as mouth-watering butter chicken are served in a soothing setting. Many vegetarian choices. Licensed. *8 Powell St • Map M3 • 604 687 0049 • $$$*

4 Buddhist Vegetarian Restaurant

There's nothing fancy about this restaurant, but the choice of 200 vegan dishes is impressive. No MSG, artificial flavor, preservatives, or honey used. *137 E Pender St • Map M4 • 604 683 8816 • $*

5 Momo Sushi

Fresh sushi is the featured attraction, with teriyaki, tempura and sashimi also available. Expect lineups at lunch. *6-375 Water St • Map L3 • 604 683 7632 • $$*

6 Wild Rice

Upbeat house music beckons you to try spicy, modern Chinese cuisine in this cozy space. Small but good wine list. *117 W Pender St • Map L4 • 604 642 2882 • no reservations accepted • $$*

7 Al Porto Ristorante

Pastas, fish, meat, and pizza are the highlights at this bright, lively Italian *trattoria.* More than 200 wines on offer, 80 from BC. *321 Water St • Map L3 • 604 683 8376 • $$$*

8 Water Street Café

Continental food made with fresh seafood and local ingredients is the draw here. Local beers on draft and a fine selection of BC wines. Lovely patio in summer. *300 Water St • Map L3 • 604 689 2832 • $$$*

9 Brioche Urban Baking

Diners cram into this 30-seat café, enjoying the casually trendy ambience and the rustic Italian meals. Take out available. *401 W Cordova St • Map L3 • 604 682 4037 • not licensed • $*

10 Floata Seafood Restaurant

Delectable *dim sum* dishes arrive in a flurry of carts. There's also a Cantonese-style menu. *180 Keefer St • Map M4 • 604 602 0368 • $$$*

Following pages **Downtown Vancouver by night**

Left **Shoppers, Robson Street** Right **Cyclists, False Creek Seawalk**

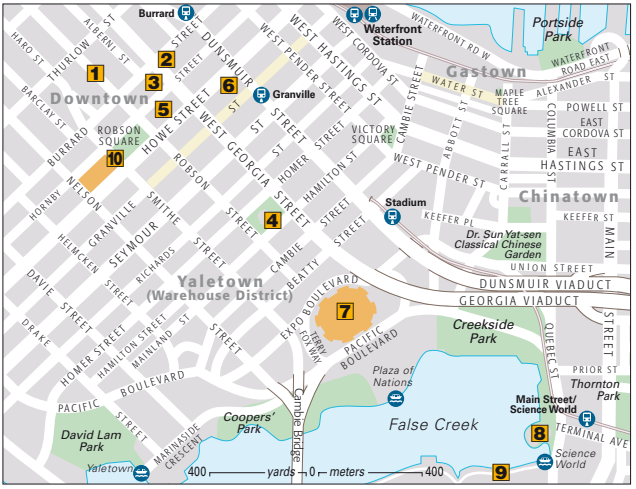
Downtown

VANCOUVER'S DOWNTOWN CORE *is a blend of old and new, all nicely contained in a walkable package that extends from BC Place Stadium to the West End. The city's first church sits at the corner of Georgia and Burrard streets, hemmed in by glass-walled office towers. The landmark Fairmont Hotel Vancouver graces the opposite corner, a glorious reminder of yesteryear. Alive with activity, downtown hums all day and much of the night. The core includes high-density residential areas, street and mall shopping, theaters, music venues, restaurants, and nightclubs, all adding up to a pleasant, invigorating energy.*

Stained glass, Christ Church Cathedral

Top 10 Sights

1. Robson Street
2. Christ Church Cathedral
3. Fairmont Hotel Vancouver
4. Library Square
5. Vancouver Art Gallery
6. Pacific Centre
7. BC Sports Hall of Fame & Museum
8. Science World
9. False Creek Seawalk
10. Robson Square and Law Courts



1 Robson Street
West End residents, the city's urban chic, international celebrities, and tourists alike flock to Robson Street to join the bustle of shoppers. Part of the fun is people watching over a specialty coffee, then browsing the brand name and independent Canadian and international shops. Slip down a side street to get a taste of the historic West End, Canada's most densely populated area. *Map H2–K4*

2 Christ Church Cathedral
A gem in the heart of the city and once a beacon for mariners entering Vancouver's harbor, Christ Church Cathedral, consecrated in 1895, was designed in the Gothic Revival style. The interior has impressive old-growth Douglas fir ceiling beams. Three of the 32 stained-glass windows are by the British artist William Morris; look for them in the office vestibule. In 2004, as part of a major renovation, a brand new Kenneth Jones organ was installed. *690 Burrard St • Map K3 • 604 682 3848*

Vancouver Public Library, Library Square

Fairmont Hotel Vancouver

3 Fairmont Hotel Vancouver
Begun in 1928 by the Canadian Pacific Railway, construction on the city's most famous hotel halted with the 1929 stock market crash. Its steel skeleton sat until 1939, when it was hastily finished for the visit of King George VI. Features include a steep copper roof with impish gargoyles. Stroll through the lobby or enjoy a drink in the lounge, all the while admiring the lavishness. *900 W Georgia St • Map K3 • 604 684 3131*

4 Library Square
The new Vancouver Central Library, designed in part by renowned architect Moshe Safdie, opened in 1995. At first critized by some for its resemblance to a Roman coliseum, it soon became universally popular. Library Square takes up a whole city block, and includes the library; a seven-story, glass-roofed promenade; the Federal Tower, housing government offices; souvenir shops, a coffee bar, and take-out restaurants. The promenade is an ideal place to relax and people watch. *Corner of Robson & Homer sts • Map K4*

Fountains at the Vancouver Art Gallery

5 Vancouver Art Gallery

When the Court House was erected in 1912, designed by Francis Rattenbury, one of BC's flashiest architects, its solid form symbolized the British Empire at its peak. Another controversial architect, Arthur Erickson, supervised the redesign of the building when it became the Vancouver Art Gallery in the mid-1980s. Inside, the Emily Carr collection is Canada's largest. Contemporary photoconceptual work also has a prominent place *(see pp18–19)*.

6 Pacific Centre

Quality department stores The Bay and Sears anchor the host of smaller shops in this huge mall, which incorporates cascading fountains and a three-story waterfall. Restaurants and takeaways dot the concourse. *609 Granville St with entrances via Robson, Dunsmuir & W Georgia sts • Map K3 • 604 688 7235 • Open 10am–7pm Mon–Wed, 10am–9pm Thu–Fri, 9:30am–6pm Sat, 11am–6pm Sun*

Terry Fox's Marathon of Hope

Born in Winnipeg in 1958, Terry Fox grew up in a Vancouver suburb. When just 18 years old, he was diagnosed with bone cancer and had his leg amputated. Three years later, in 1980, Terry dipped his artificial leg into the Atlantic Ocean, beginning his Marathon of Hope across Canada to raise money for cancer research. After 143 days and 3,339 mi (5,373 km), Terry stopped his run. Cancer had spread to his lungs. He died in 1981, shortly after realizing his dream of raising $1 for every Canadian – over $24 million. Annual Terry Fox runs worldwide continue Terry's mission.

7 BC Sports Hall of Fame and Museum

Twenty galleries showcase BC's sports history from the 1860s onward in a 20,000 sq ft (1,858 sq m) space located in BC Place Stadium *(see p42)*. Interactive displays provide fascinating details of the lives of famous athletes such as skier Nancy Green and sprinter Harry Jerome. The Participation Gallery is especially fun for kids. *777 Pacific Blvd S, Gate A • Map L4 • 604 687 5520 • Adm*

8 Science World

The striking geodesic dome housing Science World's many interactive galleries and travelling exhibitions was built for Expo '86. Visitors can play with magnetic liquids, touch animal skin and bones, and check out exhibits on motion, and energy, as well as laser shows. The Alcan OMNIMAX Theatre's giant screen fits into the dome's curves *(see pp22–3)*.

Interactive display, Science World

9 False Creek Seawalk

False Creek *(see p79)* once covered an extensive part of the downtown area. It now ends at Quebec Street, site of Science World. The paved False Creek Seawalk joins English Bay Seawalk just east of Burrard Bridge and circles the creek. It's ideal for in-line skaters, cyclists, and walkers. Access to False Creek ferries is available at several points along the seawalk. *Map H6–M5*

Plexiglass dome, Robson Square

10 Robson Square and Law Courts

Spanning several blocks, the four-level Robson Square was designed by BC architect Arthur Erickson. On the south side of Robson Street, a cascading waterfall and trees cool the steps near *Spring*, a red steel sculpture by Alan Chung Hung. On the level above, inside the Law Courts, is a pond with seating and a good view. Jack Harman's sculpture, *Themis Goddess of Justice*, presides over the Great Hall, with its expanses of glass. *800 block Robson St • Map J4 • 604 660 8989*

A Downtown Walk

Morning

Start at **BC Place Stadium** *(see p42)*, exploring the **BC Sports Hall of Fame and Museum** for about an hour. Exiting the museum, head west toward Robson St, passing by the **Terry Fox Memorial**, a tribute to the local hero who raised millions of dollars for cancer research.

Continue west three blocks along Robson St to Homer St, and **Library Square** *(see p69)*. Drop in to have a look at the building's airy promenade before walking west on Robson St to **Pacific Centre**. Peruse the shops for about an hour, then exit the mall and cross Howe St to the **Vancouver Art Gallery**. Enjoy a salad and sandwich in its casually elegant **Gallery Café**, snagging a patio table if weather permits.

Afternoon

After lunch, head to the fourth floor of the **Vancouver Art Gallery** *(see pp18–19)* and the wonderful **Emily Carr Collection**. Begin by watching the 15-minute video about this remarkable painter of forests and totem poles.

Exiting the gallery, cross Robson St and stroll through lovely **Robson Square**. Then it's on to shopping along **Robson Street** *(see p69)*. Satisfy a sweet tooth at one of the several chocolate shops. Loop back to Burrard St.

End the day with a treat at **Kamei Royale Japanese Restaurant** *(see p73)*, at 1030 W Georgia St. The excellent sushi chefs welcome you enthusiastically.

Left **lululemon atheltica** Right **Smoked salmon gift boxes, Salmon Village**

TOP 10 Shopping

1 Roots Canada
Classic Canadian-designed sportswear and leatherwear. Outfitter to the 2004 Candian, US, and British Summer Olympic teams. *1001 Robson St • Map J3 • 604 683 4305*

2 lululemon athletica
This Vancouver-based company sells wildly popular men's and women's yoga apparel, athletic gear, and casual wear. *1148 Robson St • Map J3 • 604 681 3118*

3 Alberni Street Liquor Store
This BC Liquor Store carries a large variety of wines, spirits, and beers, as well as an excellent array of sought-after BC ice wine, made from frozen grapes. *1120 Alberni St • Map J3 • 604 660 4572*

4 Rendezvous Art Gallery
Contemporary and traditional Canadian paintings and sculptures reflect West Coast beauty. First Nations and Inuit artists are well represented. *671 Howe St • Map K3 • 604 687 7466*

5 Daniel Le Chocolat Belge
Belgian chocolate and all-natural or organic ingredients are used to create the delicious pralines and champagne, coffee, and lemon truffles sold here. *1105 Robson St • Map J3 • 604 688 9624*

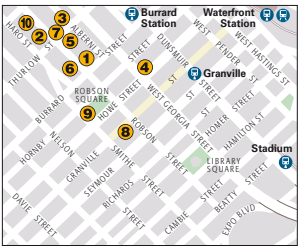
6 Grand Maple Gifts
Great Canadian souvenirs, from quality T-shirts, BC jade jewelry, and First Nations crafts to maple syrup products and ice-wine chocolates. *1046 Robson St • Map J3 • 604 681 8979*

7 Salmon Village
This long-established local company sells top-quality wild and farmed BC salmon. *779 Thurlow St • Map J3 • 604 685 3378*

8 John Fluevog Boots & Shoes Ltd
Fluevog's funky and trendy, yet sturdy, shoes and boots are snapped up by the fashion savvy. *837 Granville St • Map K4 • 604 688 2828*

9 Jones the Jeweler
Artfully set diamonds mined in Canada and beautifully-crafted-gold creations make perfect gifts. *807 Hornby St • Map J3 • 604 681 9548*

10 Escents Aromatherapy
Treat yourself to fine aromatherapy bath and body products made by this local company from pure plant essences and essential oils. *1172 Robson St • Map J3 • 604 682 0041*



Above **Don Francesco**

Price Categories

For a three-course meal for one with half a bottle of wine (or equivalent meal), taxes, and extra charges.

$	under $20
$$	$20–$35
$$$	$35–$60
$$$$	$60–$85
$$$$$	over $85

TOP 10 Restaurants

1 Kamei Royale Japanese Restaurant

Delight in traditional grilled dishes, or in the house-original rolls at the sushi bar. *1030 W Georgia St • Map K3 • 604 687 8588 • $$$*

2 Bacchus Restaurant

Dine in style on outstanding food served in a formal setting. Brunch, lunch, and afternoon tea served, too. *Wedgewood Hotel, 845 Hornby St • Map J4 • 604 608 5319 • $$$$$*

3 Aria Restaurant & Lounge

Relish dishes such as wild salmon and caribou accompanied by fine wines in this contemporary restaurant. *Westin Grand Vancouver Hotel, 433 Robson St • Map K4 • 604 647 2521 • $$$$*

4 CinCin Ristorante & Bar

Delicious wood-oven pizza, pasta, and risotto are served in this large Mediterranean-themed restaurant popular with visiting Hollywood stars. *1154 Robson St • Map J3 • 604 688 7338 • $$$$*

5 Diva at the Met

In the open kitchen, chefs prepare dishes featuring West Coast ingredients. The exceptional wine list is topped with BC wines. *Metropolitan Hotel, 645 Howe St • Map K3 • 604 602 7788 • $$$$*

6 Salathai Thai Restaurant

Enjoy tasty Thai food prepared with homemade sauces, served in a tropical setting. Friendly, attentive service. *102-888 Burrard St • Map J3 • 604 683 7999 • $$*

7 Don Francesco

Step into Tuscany and choose from a large selection of game, seafood, beef, fowl, and pasta dishes. *860 Burrard St • Map J3 • 604 685 7770 • $$$$*

8 Raincity Grill

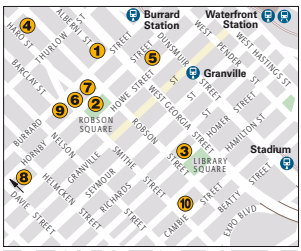
Pacific waters lap outside this trend-setting English Bay restaurant; sunsets are a bonus. The focus is on regional, seasonal, and organic food. *1193 Denman St • Map G3 • 604 685 7337 • $$$$*

9 Le Crocodile

Pan-seared *foie gras* is the signature dish at this elegant French restaurant. French wines are highlighted. *100-909 Burrard St • Map J3 • 604 669 4298 • $$$*

10 El Patio

The homemade sangria goes exceptionally well with the several tapas on offer. Or sample the elaborate *paella Valenciana*. Lovely rooftop patio. *891 Cambie St • Map K4 • 604 681 9149 • $$*



Note: *Unless otherwise stated, all restaurants accept credit cards and offer vegetarian meals*

Left **Crush Champagne Lounge** Right **The New Yuk Yuk's**

TOP 10 Bars and Clubs

1 La Bodega Restaurante & Tapa-Bar
Enter and you may think you've been whisked off to Spain. Pitchers of sangria often dot the tables, but wine and beers are also perfectly suited to the tapas. *1277 Howe St • Map J4 • 604 684 8815*

2 Commodore Ballroom
A Vancouver institution since 1929, the club hosts ticketed rock, pop, blues, and jazz acts. Tuesday is disco night. *868 Granville St • Map K4 • 604 739 4550 • www.hob.com/venues/concerts/commodore*

3 The New Yuk Yuk's
International stand-up comedy, with a great sound system. Tuesday's Crash and Burn show features five new comics and a guest headliner. *1015 Burrard St • Map J4 • 604 696 9857*

4 Caprice Nightclub
Upscale club with two levels and a huge dance floor. Top 40 and retro nights. *967 Granville St • Map K4 • 604 681 2114*

5 Railway Club
Live country, folk, roots, and funk at this legendary club. Microbrews, quality wines, and scotch and martini lists. *579 Dunsmuir St • Map K3 • 604 681 1625*

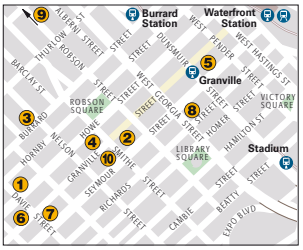
6 ginger 62
Live and spun house, reggae, R&B, and soul at this retro-style lounge. Tasty snacks forestall the effects of specialty martinis and cocktails. *1219 Granville St • Map J4 • 604 688 5494*

7 Crush Champagne Lounge
A small dance floor enhances the intimate feel. Let the sommelier suggest a wine, or opt for a champagne cocktail. *1180 Granville St • Map J4 • 604 684 0355*

8 AuBAR Nightclub
Top 40 selections reverberate off the lofty ceiling while candlelit tables inspire romantic whisperings. Dress to impress. *674 Seymour St • Map K3 • 604 648 2227*

9 O'Doul's Restaurant & Bar
Live jazz nightly in an Old World room of reds and golds. Detailed cocktail list, bolstered by scotch, whiskey, beers, and a full wine list. *1300 Robson St • Map J3 • 604 661 1400*

10 SkyBar
Kick off with martinis, then dinner, before dancing the night away. Four bars, rooftop patio, themed evenings. *670 Smithe St • Map K4 • 604 697 9199*



Call ahead to check opening hours, as times may vary according to the day of the week. Some nightclubs are closed Sundays

Above **Café S'il Vous Plait**

Price Categories

For a three-course meal for one with half a bottle of wine (or equivalent meal), taxes, and extra charges.

$	under $20
$$	$20–$35
$$$	$35–$60
$$$$	$60–$85
$$$$$	over $85

TOP 10 Cheap Eats

1 Café S'il Vous Plait
Macaroni and cheese, chili, and other comfort foods are served in this quirky café, along with Japanese *udon*. Freshly baked pies and avocado-banana shakes are a treat. *500 Robson St • Map K4 • 604 688 7216 • $*

2 Egoziku Noodle Café
Great big bowls of warming *ramen* soup. Choose from a miso, soy, or salt base. *270 Robson St • Map K4 • 604 685 9466 • $*

3 Library Square
Find a table and energize with a slice of Flying Wedge pizza, or choose between a Blenz coffee with a Rocky Road square and a Yogen Früz yogurt cone. *345 Robson St • Map K4 • $*

4 Kichi Sushi
Well-placed booths in a spacious room. Daily sushi or teriyaki specials are always fresh. Or ask about the "super ideal items." *778 Robson St • Map K4 • 604 669 3998 • $*

5 Bellaggio Café
Snag a booth in this stylish Italian restaurant, and be sure to ask about the daily pasta special, served with garlic bread. BC wines featured. *773 Hornby St • Map K3 • 604 408 1281 • $*

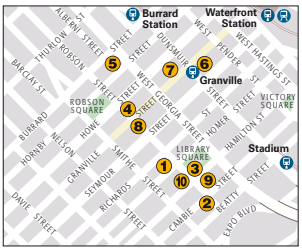
6 Pacific Centre Food Fair
Choose from Japanese or Chinese made-to-order dishes, pizza, burgers, tacos, juices, and frozen yogurts. *Granville & Dunsmuir sts entrance • Map K3 • 604 688 7235 • $*

7 Culinaria
Indulge in a three-course gourmet meal, whipped up by students of Dubrulle Culinary Arts, that's easy on the pocketbook. *609 Granville St • Map K3 • 604 639 2055 • $$*

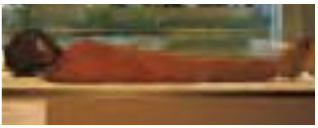
8 Pita Wrap
Middle Eastern-style meat or vegetarian combos and hearty falafel wraps at this tiny takeout joint require two hands to hold. *708 Robson St • Map K3 • $*

9 Salad Maison
A simple Korean café with a 40-item salad bar. Fast and filling spicy squid rice, Korean barbecue, and soups. *345 Robson St • Map K4 • $$*

10 La Vieille France
Crepes are the specialty at this utilitarian spot. The berry and cream cheese, and spinach and feta are favorites. *380 Robson St • Map K4 • 604 689 9885 • $*



Note: *Not all restaurants in Vancouver are licensed; phone ahead to inquire*



Left ***Gate to the Pacific Northwest,*** **Vanier Park** Right **Boy mummy, Vancouver Museum**

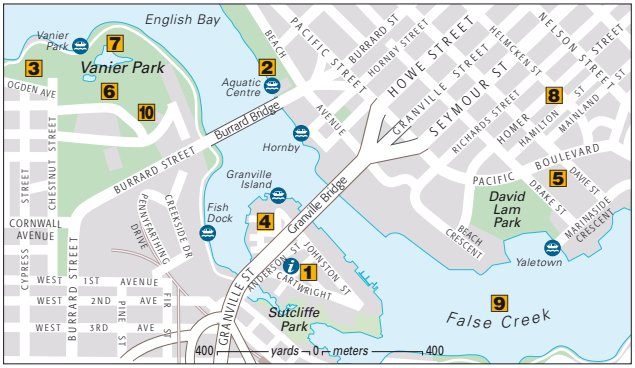
South Granville & Yaletown

THE NEIGHBORHOODS OF SOUTH GRANVILLE AND YALETOWN *are separated by a drive across Granville Bridge or a ferry ride across False Creek. On the south shore, South Granville offers a pleasant mix of upscale shops and restaurants. Granville Island is a bustling labyrinth of converted warehouses overlooking False Creek. The centerpiece is the large public market. Yaletown, on the north shore of the creek, began life as a railway works yard. Since the early 1990s, Yaletown has undergone a furiously fast transformation. The once-decrepit area now booms with offices, condos, boutiques, nightclubs, brew pubs, and restaurants.*

Top 10 Sights

1. Granville Island
2. Sunset Beach
3. Vancouver Maritime Museum
4. Granville Island Museums
5. Roundhouse Arts & Recreation Centre
6. H.R. MacMillan Space Centre
7. Vanier Park
8. Yaletown Warehouse District
9. False Creek
10. Vancouver Museum

RCMP schooner, Vancouver Maritime Museum



A slew of commercial art galleries have earned South Granville Street between 5th and 15th avenues the nickname Gallery Row

View of West End high-rises from Granville Island

1 Granville Island

The original mud flats of False Creek were a fishing ground for the Squamish people. Industry moved in, polluting much of the turn-of-the-19th-century city. In the 1970s, all that changed with the redevelopment of Granville Island. Under the aegis of the federal government, heavy industry moved out and Granville Island quickly became a colorful, bustling community. Free street parking is available with a three-hour limit, or choose paid parking in covered lots *(see pp20–21)*.

2 Sunset Beach

The white sands of Sunset Beach, which marks the end of the English Bay seawall and the start of False Creek, provide an ideal setting for relaxing, tanning, or swimming. Summertime water temperatures rise to 65°F (18°C), and lifeguards are on duty from mid-May to Labour Day. The western end of Sunset Beach provides a good view of the gray granite *Inukshuk (see p36)*. The Vancouver Aquatic Centre, at the east end of the beach, has an Olympic-size swimming and diving pools, a sauna, a whirlpool, and a steam room. False Creek Ferries *(see p21)* dock behind the center. *Map G3–H4*

3 Vancouver Maritime Museum

Highlights of the West Coast's rich maritime history include seagoing canoes and a 1928 RCMP schooner. Kids can play with the discovery center's telescopes, computer games, and underwater robot *(see p34)*. *1905 Ogden Ave • Map G4 • 604 257 8300 • Open Sep–May: 10am–5pm Tue–Sat, noon–5pm Sun; May–Sep: 10am–5pm daily • Adm*

4 Granville Island Museums

The fine collections of this three-in-one museum focus on fishing, trains, and sea vessels *(see p35)*. Exhibits include 500 hand-tied fishing flies. *1502 Duranleau St • Map H5 • 604 683 1939 • Open 10am–5:30pm Tue–Sun • Adm*

View of Sunset Beach

5 Roundhouse Arts & Recreation Centre

Located on Beach Avenue in a former Canadian Pacific Railway switching building, the Roundhouse includes theater and gallery spaces and a host of community arts and athletic programs. It also houses the locomotive that pulled the first passenger train to Vancouver in 1887 in a splendid glassed-in space. *181 Roundhouse Mews • Map K5 • 604 713 1800*

Plaque, Roundhouse

6 H.R. MacMillan Space Centre

Space lore is presented in child-friendly, hands-on displays and multimedia shows at the space center. A demonstration theater, the Virtual Voyages' full-motion simulator, and the Cosmic Courtyard's interactive gallery bring space to life. The Planetarium's multimedia shows feature space and astronomy inside a 65-ft (20-m) dome, and its laser shows set to music are always popular. *1100 Chestnut St • Map G4 • 604 738 7827 • Adm*

Yaletown's Railway History

Yaletown was first settled by Canadian Pacific Railway (CPR) train crews and laborers who arrived after the CPR closed its construction camp in Yale, BC, on completion of the transcontinental railway to Vancouver in 1887. In the early 1990s, Yaletown was still the decaying heart of the city's remaining industrial activity, when a development plan jump-started its transformation into a lively urban area. In just over a decade, Yaletown has become Vancouver's hottest community.

7 Vanier Park

Vanier Park is a calming oasis in the midst of the city. Boats sail by on English Bay, kites fly overhead, and pedestrians and cyclists pass through on their way to Kitsilano Beach or Granville Island. Coast Salish people once inhabited the park area. It is now home to the H.R. MacMillan Space Centre, Vancouver Museum, and Vancouver Maritime Museum *(see p77).* *Map G4*

8 Yaletown Warehouse District

Warehouses have been transformed into lofts and stores, café terraces have sprung up on old loading docks, and high-rises have filled Yaletown's skyline. Along with the new residents has come a facelift. Homer, Hamilton, and Mainland streets have been spruced up, making the most of heritage architectural features, including red brick and arched doorways. Numerous brew pubs and nightclubs keep the area hopping at night. *Map J4–K5*

Renovated warehouses, Yaletown

Boats moored on False Creek, south side

9 False Creek

As its name implies, False Creek is not a creek at all but a saltwater inlet. In the heart of the city, it extends east from Burrard Bridge to Science World *(see pp22–3)*. In the 1850s, Captain G.H. Richards sailed up this body of water, which then covered what is now Chinatown, eastward to Clark Drive, hoping to find the Fraser River. Disappointed, he named it False Creek. The mud flats Richards saw served as fishing grounds for the Squamish people. Sawmills later set up on the south shore, railyards on the north. Today, paved paths flank both sides *(see p71)*, and boats and small ferries *(see p21)* ply the waters. *Map J6–L5*

10 Vancouver Museum

Canada's largest civic museum boasts re-creations of Vancouver's history, including an immigrant ship and a fur-trading post. Artifacts from a huge collection, much of which was donated by locals, make up natural history, archaeology, Asian arts, and ethnology exhibits. The Egyptian boy mummy is one of the museum's biggest attractions. *1100 Chestnut St • Map G5 • 604 736 4431 • Open 10am–5pm Tue–Sun, Thu to 9pm • Adm*

A Day in Yaletown & at Granville Island

Morning

Start in **Yaletown** at the corner of Drake and Hamilton streets for a 15-minute stroll north on Hamilton, noting its historic buildings. At Helmcken St, turn right, then right again at Mainland St. Spend half an hour in the shops, ending at **Obsessions** *(see p81)*.

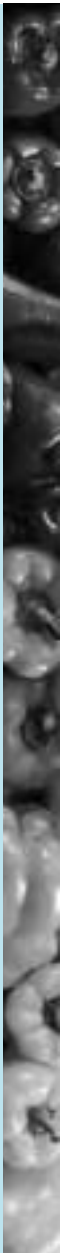
Cross Pacific Blvd to admire the **Roundhouse**'s Steam Train 374. Take 15 minutes exploring the complex, then hop on the **Aquabus** *(see p21)* from the dock behind the center for the short trip to Granville Island *(see pp20–21)*. For a fun hour, wander the public market, buying food for a casual lunch on a waterside bench, or at a table inside.

Afternoon

Exit the market's east side. Continue on Johnston St past **Ocean Cement**, the island's last industry. Turn right on Old Bridge St to watch the glass blower at **New-Small and Sterling Glass Studio** *(see p20)*. Walk to **Railspur Alley**, on your left. Browse the shops for 20 minutes, then cross adjacent Railspur Park to Cartwright St. Turn left and walk to the end, to **The Mound**. The view is worth the 20-minute climb.

Back on Johnston St, head west to peek at the modern art in the **Charles H. Scott Gallery** *(see p35)*. Take Anderson St to Duranleau, and the **Granville Island Museums** *(see p35)*, allowing yourself an hour there.

End the day at **Bridges** (1696 Duranleau St), choosing between its fine dining room and casual bistro.



For a pleasant under-one-hour trip round False Creek, catch a mini-ferry from one of the Granville Island docks **See pp20–21**

Left **Fresh striped pasta, specialty food stall** Right **Hat display, craft stall**

TOP 10 Granville Island Public Market

1 Public Market Building
At Granville Island's west end is the large public market, housed in part in a wood-frame, corrugated tin-clad warehouse. Built in the early 1920s by the Island's first tenant, BC Equipment, this structure set the architectural style of the Island. The timbered beams and massive pulleys and hooks once pulled rope coils from one area to the other. *See pp20–21.*

2 Food Courts
Two food courts offer sit-down and takeaway food, including Greek, Mexican, Thai, Chinese, and Canadian. Patience and strategy may be required to land one of the limited indoor tables.

3 Local Produce and Seafood
Artful displays tempt with fruits and vegetables – much of it organic – fresh from the orchards and farms of BC. Okanagan cherries, apples, and peaches are a summer delight. BC wild salmon is another market specialty – both fresh and smoked in gift boxes.

4 Olde World Fudge
Irresistible Belgian chocolate treats are concocted on-site in a copper vat. Assorted gift boxes include fudge, toffee, brittles, and caramel apples. Samples available!

5 Stuart's Bakery
Mouth-watering pies, chocolate confections, and pastries fill one counter; multigrain, cheese, and other loaves crowd the other.

6 Eating Outdoors
Enjoy your takeaway food or just relax at the rustic seating areas overlooking False Creek. Exit the west side of the market for views of the marina. On the east side, enjoy free entertainment in the Market Courtyard. The courtyard's worn floor planks from its days as an industrial dock add to the charm.

7 Craft and Specialty Stalls
Day vendors sell an assortment of locally made wares, including seasonal and specialty items. Bowls made of BC wood, Thai curry sauces, herb seedlings, homemade pies, and jewelry are just the start. Vendors may not be located in the same place from day to day.

8 Buskers
Licensed musicians, magicians, clowns, jugglers, and other talented folk entertain free of charge, though a donation is always appreciated.

9 Flower Shops
Abundance and quality are the themes at the market's flower shops. It is worth a stop just to admire the gorgeous blooms and take in the heady scents.

10 Marina
At the marina on the market's west side you'll find fancy yachts, simple sail boats, and the occasional fishing boat. Tall ships dock here during festivals.

Left **Sleek housewares, Roost Homeware** Right **The latest fashions, Boboli**

TOP 10 Shopping

1 Urban Fare
This grocery, open daily from 6am to midnight, offers staples along with its organic and specialty products. Cooking classes are held several nights a week. *177 Davie St • Map K5 • 604 975 7550*

2 Obsessions
A fascinating array of personal and household designer items, all with modern twists. Jewelry made from sterling silver and precious stones. *289 Davie St • Map K5 • 604 683 0188*

3 Bernstein & Gold
Carry or ship home Egyptian cotton linens, Italian bedding, tapestries, and leather journals, picnic baskets, cashmere throws, and Fortuni lamps. *1168 Hamilton St • Map K5 • 604 687 1535*

4 Roost Homeware
Wonderful selection of housewares, some imports – such as luxurious Australian mohair blankets – and some by local talents on the rise. *1192 Hamilton St • Map K5 • 604 708 0084*

5 Circle Craft Co-op
The best of BC crafts, from handmade clothing to one-of-a-kind jewelry to wall art, ceramics, and hand-blown glass. *1666 Johnston St • Map H5 • 604 669 8021*

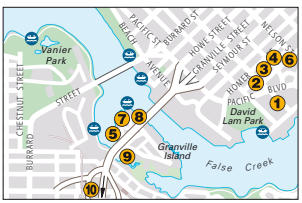
6 Vansanji Boutique
The latest in trend-setting brand-name clothes for men and women arrive regularly from around the world. Local designers, such as Jason Matlo, are featured, too. Great shoe selection. *1012 Mainland St • Map K5 • 604 669 0882*

7 Forge and Form
High-end gold and silver jewelry with precious stones. Bold rings, fluid necklaces. *1334 Cartwright St • Map H5 • 604 684 6298*

8 Beadworks
Over 30,000 jewelry beads and related books make the choice fascinating and fun. Make your own earrings on site. *1666 Johnston St • Map H5 • 604 682 2323*

9 Malaspina Printmakers Gallery
Prints by Canadian (particularly BC) and international artists with images and styles – from photo-realism to abstract – to suit all tastes. *1555 Duranleau St • Map H5 • 604 688 1724*

10 Boboli
Trend-setting styles from a variety of men's and women's lines, including Missoni, Issey Miyake, and Roberto Cavalli. Free alterations. *2776 Granville St • Map B2 • 604 257 2300*



Left **The Keg Granville Island** Right **Capones Live Jazz Club**

TOP 10 Clubs & Bars

1 AFTERglow Lounge

Sip wine by the glass or boutique beers while nibbling on small skewers of delicacies in this urban lounge. *1082 Hamilton St • Map K4 • 604 602 0835*

2 Richard's on Richards

Ticketed shows by name musicians are followed by open doors to 3am on Fridays and Saturdays for dancing. *1036 Richards St • Map K4 • 604 687 6794*

3 Yaletown Brewing Company

Enjoy locally brewed beer here while dining on homestyle cooking in the pub, the restaurant, or on the historic loading dock. *1111 Mainland St • Map K5 • 604 681 2739*

4 Capones Live Jazz Club

Live jazz seven nights a week and Italian food is a classic match. Extensive wine list and an award-winning martini list. *1141 Hamilton St • Map J5 • 604 684 7900*

5 Bar None

In a converted post-and-beam warehouse, this bar's ambience is urban cool. Live music, a spacious dance floor, and ample seating. *1222 Hamilton St • Map J5 • 604 689 7000*

6 The Yale

Housed in an 1890s railway bunkhouse, The Yale is a no-frills rock and blues hangout, where legendary musicians sometimes play. Nightly live music, pool tables, and a dance floor. *1300 Granville St • Map J4 • 604 681 9253*

7 Dockside Restaurant and Brewing Company

Savor the delicious beer brewed here while admiring the boats on False Creek. Great patio. *Granville Island Hotel, 1253 Johnston St • Map H6 • 604 685 7070*

8 Backstage Lounge

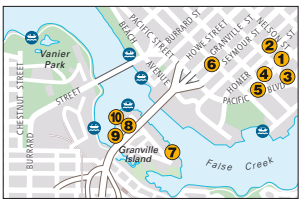
This low-key hangout attracts theatergoers and actors from the Granville Island Stage next door. Live music and jams, with a focus on local talent. *1585 Johnston St • Map H5 • 604 687 1354*

9 The Keg Granville Island

The lounge of this steakhouse, known for its "Keg size" caesar – a Canadian concoction of vodka, clamato juice, and spices – is a casual spot for a drink. *1499 Anderson St • Map H5 • 604 685 4735*

10 Sammy J Peppers Bar and Grill

This waterfront bar serves up cold beer and a variety of dishes. Big-screen TV for sports fans. *1517 Anderson St • Map H5 • 604 696 0739*



Above **Dockside patio, Bridges**

Price Categories

For a three-course meal for one with half a bottle of wine (or equivalent meal), taxes and extra charges.

$	under $20
$$	$20–$35
$$$	$35–$60
$$$$	$60–$85
$$$$$	over $85

TOP 10 Restaurants

1 Blue Water Café and Raw Bar

Inventive West Coast dishes made with the freshest local fish, and sushi made with coastal shellfish, are masterfully prepared here. Excellent wine list. *1095 Hamilton St • Map K4 • 604 688 8078 • $$$$*

2 C Restaurant

Here, in a sophisticated setting, top chef Robert Clark conjures up the best seafood dishes in town. *1600 Howe St • Map H5 • 604 681 1164 • $$$$$*

3 Il Giardino

The warmly lit dining room and the scrumptious dishes beautifully reflect the heritage of Umberto Menghi, the Tuscan-born owner. Lovely patio. *1382 Hornby St • Map J4 • 604 669 2422 • $$$$$*

4 Cioppino's Mediterranean Grill

Chef "Pino" Posteraro creates delicious lighter versions of traditional Italian pasta, risottos, and seafood dishes. *1133 Hamilton St • Map J5 • 604 688 7466 • $$$$*

5 Provence Marinaside

This restaurant and bar is one of the prettiest places on False Creek. A sommelier is on hand to help select the wine. Picnic baskets available. *1177 Marinaside Cres • Map K5 • 604 681 4144 • $$$$*

6 glowbal grill & satay bar

Spectacular regional dishes such as tuna tartare and grilled veal are prepared in the open kitchen of this trendy restaurant. Superb wine list. *1079 Mainland St • Map K4 • 604 602 0835 • $$$$*

7 Rodney's Oyster House

The action is at the counter, so sidle up and order any of 12 to 20 oyster varieties, shucked as you watch. Steamed clams and mussels, crab, and Atlantic lobster are also featured. *1228 Hamilton St • Map J5 • 604 609 0080 • $$$$*

8 Brix

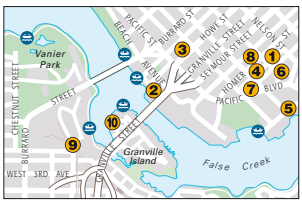
Pizzas and organic salads mix and match well in this Euro-feel spot. Stellar wine list. *1138 Homer St • Map J5 • 604 915 9463 • $$$*

9 Go Fish!

Wild salmon, halibut, and oysters arrive daily from nearby Fisherman's Wharf. *1505 W 1st Ave • Map G6 • 604 730 5040 • $$*

10 Bridges

Fine dining on grilled salmon, steamed mussels, and steak at the upstairs waterfront restaurant. The bistro downstairs, with its dockside deck, offers more casual fare. *1696 Duranleau St • Map H5 • 604 687 4400 • $$$*



***Note:** Unless otherwise stated, all restaurants accept credit cards and offer vegetarian meals*

Left **Main Library, University of British Columbia** Right **BC Ferry, Horseshoe Bay**

Greater Vancouver & Beyond

ONE OF THE REASONS *Vancouver is so often listed among the top ten cities of the world in which to live is the wide range of things to do, and the breathtakingly lovely scenery in which to do them, just a short drive away from the downtown core. Sandy beaches, rugged coastlines, and popular ski hills are minutes away. The ski slopes and golf courses of Whistler are reached after a scenic three-hour drive, ideal for an overnight excursion. Splendid rainforests can be enjoyed in the University of British Columbia's Pacific Spirit Regional Park and in North Vancouver's Capilano Suspension Bridge and Park. Towns such as Squamish or Brackendale provide unforgettable nature walks, hikes and climbs, affording glimpses of the region's flora and fauna. Some small waterfront towns such as Steveston, a former fishing village, have proudly preserved their local history.*

Performer, Capilano Suspension Bridge

TOP 10 Sights

1. University of British Columbia
2. Capilano Suspension Bridge and Park
3. Whistler
4. North Vancouver
5. West Vancouver
6. Grouse Mountain
7. Stanley Park
8. Steveston
9. Brackendale
10. Squamish

Avoid getting caught in central Vancouver rush hour traffic when making excursions to destinations beyond the city proper **See p105**

1 University of British Columbia

A mix of historic and modern architecture, the buildings of BC's oldest university are complemented by diverse gardens. The campus offers fantastic views across the Strait of Georgia. At the renowned Museum of Anthropology *(see p34)*, visit the First Nations Longhouse, constructed in traditional Coast Salish style in 1993, to admire its four carved houseposts and two carved roof beam ends. The huge Pacific Spirit Regional Park *(see p88)* draws many visitors. *Map A2 • 604 822 2211 • www.ubc.ca • First Nations Longhouse: 1985 West Mall*

2 Capilano Suspension Bridge and Park

This North Vancouver park has been around since 1888. Its suspension bridge sways 230 ft (70 m) above the Capilano River *(see pp14–15)*.

3 Whistler

Two mountains, Whistler and Blackcomb, rise side by side at the resort town of Whistler. Enjoy views of the four villages and surrounding mountains and valleys year round, fog and snow allowing, by way of gondolas and lift chairs *(see pp28–31)*.

Modern fountain, Lonsdale Quay

4 North Vancouver

North Vancouver is a busy North Shore city of more than 126,000 residents. Take the scenic SeaBus ride across Burrard Inlet. Disembark at Lonsdale Quay, a public market selling fresh produce, meats, and baked goods, as well as handmade jewelry and crafts. Grab a takeaway from the food court and head for the outdoor seating area. Lynn Canyon Park boasts its own suspension bridge, spanning the dramatic canyon, 165 ft (50 m) above Lynn Creek, as well as 40 types of moss and 100-year-old Douglas firs. Stop in at the Ecology Centre to view the displays and films, and get details on park tours and trails. *Map B1 • Lynn Canyon Park: at the end of Peters Rd, Lynn Valley • Lynn Canyon Ecology Centre: 604 981 3103*

Skier enjoying the view, Whistler Mountain

The Baden-Powell hiking trail stretches from Horseshoe Bay **(see p86)** *to Deep Cove, and runs through Lynn Canyon Park*

A Convocation of Eagles

Almost half the world's bald eagle population lives in BC. Thousands make their annual winter home in Brackendale. The first eagle count took place along the Squamish River in 1985, when six people counted 500 eagles. Some 2,000 eagles are now counted annually, feasting on spawning chum salmon and sitting in the cottonwood trees, with the best viewing in December and January. Brackendale Winter Eagle Festival takes place every January.

5 West Vancouver

This upscale North Shore community is home to over 42,000 people. Lighthouse Park *(see p48)*, Cypress Provincial Park *(see p48),* and Horseshoe Bay are among the outdoor attractions here. Horseshoe Bay was once a popular summer spot for Vancouverites, who arrived by train or steamer, and it remains a pleasant day-trip destination. Its small bayside park features two totem poles and a pier. BC Ferries *(see p106)* depart here for Nanaimo, Bowen Island, and the Sunshine Coast. The pedestrian Centennial Seawall runs between Ambleside Park and charming Dundarave village. For a glimpse into the area's history, visit the West Vancouver Museum & Archives. *Map B1 • West Vancouver Museum & Archives: 680 17th St, 604 925 7295 • Open Sep–Jun: 12pm–4:30pm Tue–Sat; Jun–Sep: 11am–5pm Tue–Sun*

6 Grouse Mountain

There's lots to do atop this Vancouver landmark including spotting wildlife and watching logging shows. The Feasthouse invites visitors into a beautifully crafted cedar longhouse to learn about Pacific Northwest First Nations cultures. At night, legends come alive with traditional Native cuisine, song, and dance. *6400 Nancy Greene Way, North Vancouver • Map F3 • 604 984 0661 • www.grousemountain.com • Adm to Skyride*

7 Stanley Park

A 1,000-acre (404-ha) park of tamed wilderness just outside downtown. The perimeter seawall has great views of the harbor and Coast Mountains *(see pp8–11)*.

8 Steveston

Old-fashioned Steveston village was built on the salmon industry, with 15 canneries once employing thousands. The Gulf of Georgia Cannery National Historic Site offers a peek into this past. The converted 1894 building rests on pylons over the Fraser River. View the kid-friendly film inside, then tour the huge building. A children's discovery area is set up in the Ice House. *Map B3 • Gulf of Georgia Cannery: 12138 4th Ave • 604 664 9009 • Closed Nov–Mar • Adm*

The village of Steveston on the Fraser River

9 Brackendale

Brackendale is best known for the bald eagles that winter in the nearby 1,900-acre (770-ha) Brackendale Eagles Provincial Park, but its ocean and river location also make this small town a great place for rafting and canoeing. After enjoying a day on the water in summer, or watching the eagles feast on salmon in winter, refuel in Brackendale Art Gallery's cozy teahouse. *Map E2 • Brackendale Art Gallery: 41950 Government Rd*

The Stawamus Chief, Squamish

10 Squamish

"Squamish," a Coast Salish word meaning "mother of the wind," is an apt name for this windy town that has become a major center for outdoor activities. Rock climbers relish the challenge of the Stawamus Chief, an imposing granite monolith. Others windsurf on the Squamish River or camp in nearby parks, including renowned Garibaldi Provincial Park. Visit the West Coast Heritage Railway Park to see the famed black-and-gold Royal Hudson Steam Train or take a mini-train ride. *Map E3 • West Coast Heritage Railway Park: 39645 Government Rd • 604 898 9336 • Adm*

A Drive Along the North Shore

Morning

Begin at the Stanley Park end of **Lions Gate Bridge**, where two stone lions will welcome you. Cross the bridge and take the North Vancouver exit onto Marine Drive, making the first left-hand turn onto Capilano Rd. Continue for 10 minutes to **Grouse Mountain**. Parking the car, hop on the Skyride for the 1-mile (1.5-km) ride to the top. Spend 90 minutes visiting the grizzlies at the **Refuge for Endangered Wildlife**, and watching the lumberjack show and **Theatre in the Sky**'s dramatic video on beautiful BC.

Lunch at **Altitudes Bistro**, enjoying marvelous views.

Afternoon

After lunch return to the car and drive down Capilano Rd, about 5 minutes, to **Capilano Suspension Bridge** *(see pp14–15)*. Cross the heart-stopping bridge to **Treetops Adventure** for an eagle's-eye view of the rainforest.

Return to Marine Dr via Capilano Rd, driving west about 15 minutes to 25th St in West Vancouver, then turn left toward **Dundarave Park**. The scenic pier and park at the water's edge marks one end of the **Centennial Seawalk**.

After a breath of fresh sea air, walk up to **Marine Drive** and boutique shopping in Dundarave village.

End the day at one of **The Beach House**'s patio tables *(see p90)*, watching the sun set over Dundarave Beach as you dine.

Brackendale Art Gallery hosts the village's annual eagle festival; call 604 898 3333 for details or visit www.brackendaleartgallery.com

Left **Pacific Spirit Regional Park** Right **VanDusen Botanical Gardens**

TOP 10 Best Greenspaces

1 Stanley Park
Stanley Park is replete with gardens, a seawalk, a rainforest with trails, and swimming pools. Rollerblades and bicycles can be rented near the Denman Street entrance to the park *(see pp8–11)*.

2 Pacific Spirit Regional Park
Trails in this 1,862-acre (754-ha) diverse park, also known as UBC Endowment Lands, are frequented by equestrians, walkers, and cyclists. They're well marked but can be rough going in bad weather. ✎ *W 16th Ave at Blanca St • Map A2 • 604 224 5739 • www.gvrd.bc.ca/parks*

3 Queen Elizabeth Park
This park at the highest point in Vancouver, 505 ft (167 m) above sea level, offers splendid views and gardens, and a conservatory *(see p38)*. ✎ *W 33rd Ave & Cambie St • Map B2 • 604 257 8570 • www.parks.vancouver.bc.ca*

4 VanDusen Botanical Garden
Secluded nooks and crannies can still be found at this world-famous garden. Seasonal displays. ✎ *5251 Oak St • Map B2 • 604 878 9274 • www.vandusengarden.org • Adm*

5 Grouse Mountain
Walk, bike, hike, snowboard, or ski up the mountain and enjoy a fantastic view of the city once you've reached the top. Challenge yourself with the 2-mile (3-km) Grouse Grind climb to the summit, at 3,973 ft (1,211 m) *(see p86)*.

6 Mount Seymour Provincial Park
Mountaineers and skiers relish the snow and gentle slopes in winter. In summer, hikers come seeking fabulous views. ✎ *1700 Mt Seymour Rd, North Vancouver • Map C1 • 604 986 2261 • www.mountseymour.com*

7 Cypress Provincial Park
Cypress Mountain offers sports galore and panoramic views as far as Mount Baker, in Washington State. ✎ *Top of Cypress Bowl Rd, West Vancouver • Map E3 • 604 926 5612 • www.cypressmountain.com*

8 George C. Reifel Migratory Bird Sanctuary
Snow geese and gyrfalcons are among the 60,000 birds visiting this huge site on Westham Island. View the wetlands from the platforms and hides. ✎ *5191 Robertson Rd • Map E4 • 604 946 6980 • www.reifelbirdsanctuary.com • Adm*

9 Lighthouse Park
Giant ferns and huge boulders are signatures of this waterfront park. Quiet trails lead through the area's last remaining stand of old-growth trees. ✎ *Marine Dr & Beacon Lane, West Vancouver • Map A1 • 604 925 7275 • www.westvancouver.net*

10 West Dyke Trail
This 3.5-mile (5.5-km) trail offers views of Sturgeon Banks, an estuary attracting 1.4 million birds a year as part of the Pacific Flyway. ✎ *Map A3 • www.richmond.ca/parksrec*

Many parks offer guided walking tours and electric cart tours; call ahead

Left **Mountain biker, Squamish area** Right **Whitewater rafting, Fraser River**

TOP 10 Adventure Sports

1 Glacier Skiing
Horstman Glacier *(see p28)* offers 112 acres (45 ha) of skiing and incomparable views year-round. Varied terrain gives even experienced skiers plenty of thrills. ✆ *Whistler Blackcomb: 1 866 218 9690 • www.whistlerblackcomb.com*

2 Heli-Snowboarding
Fly away from the Whistler Blackcomb crowds into the pristine high-alpine powder. Guides help you choose from over 1,000 runs. ✆ *Great Canadian Adventure: 1 888 285 1676 • www.adventures.com*

3 Paragliding
Learn to be airborne on a tandem flight with a certified teacher. Coastal winds ensure breathtaking heights. ✆ *Blue Thermal: 1 800 717 0422 • www.bluethermal.com*

4 Rock Climbing
Squamish is one of the top climbing areas in North America. If you're not ready to tackle Stawamus Chief, a formidable cliff rising 2,139 ft (652 m), try Smoke Bluffs. ✆ *Squamish Rock Guides: 604 815 1750 • www.squamishrockguides.com*

5 Windsurfing
Windsurfers converge at the mouth of the Squamish River on Howe Sound, where north winds blow at 40 to 70 knots. Squamish Windsurfing Society operates the sailing park and rescue service, and charges a sailing fee. ✆ *www.squamishwindsurfing.org; Wind line: 604 926 9463*

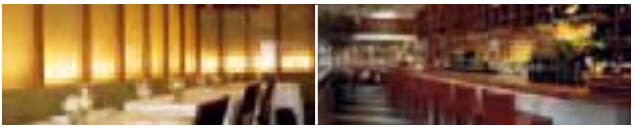
6 Whitewater Rafting
Paddling or power rafting just two hours from Vancouver in Yale on the Nahatlatch, Thompson, and Fraser rivers. Choice of raft size, trip length, and fright factor. ✆ *Fraser River Raft Expeditions: 1 800 363 7238 • www.fraserraft.com*

7 Mountain Biking
BC offers unlimited trails and backroads. The 93-mile (150-km) Sea to Sky trail stretches from Squamish to D'Arcy. Find maps and trail ratings on the online Whistler Mountain Bike Guide. ✆ *www.whistlermountainbike.com*

8 Skydiving
Whether you're experienced or a newcomer to skydiving, the view of the Fraser Valley at 3,000 ft (915 m) is spectacular. First-jump tandem lessons available on weekends and holidays. ✆ *Fraser Valley Skydiving: 604 794 3483 • www.fvskydiving.com*

9 Diving
Find marine life, deep wall diving spots, a shipwreck, artificial reefs, and unusual geographic formations at Howe Sound's many dive sites. Charters, lessons, and equipment available. ✆ *Blue Zone Diving: 604 537 1767*

10 Kayaking with Orcas
Paddle alongside an orca pod at Vancouver Island's glacier-carved eastern coastline. ✆ *Northern Lights Expeditions: 1 800 754 7402 • www.seakayaking.com*



Left **Lumière** Right **West**

TOP 10 Restaurants

1 Bishop's
Chef John Bishop combines intimate dining with flawless service. Organic ingredients determine the weekly West Coast menu. Dinner only. *2183 W 4th Ave • Map B2 • 604 738 2025 • $$$$$*

2 West
Behind the unassuming doorway lies a spacious interior with sleek decor and contemporary regional fare. Vies for best restaurant in the city. *2881 Granville St • Map B2 • 604 738 8938 • $$$$$*

3 Salmon House on the Hill
Perched in the North Shore hills, this restaurant is known for its green alderwood-grilled BC salmon. First Nations art and artifacts complement the rustic yet elegant interior of wood and glass. *2229 Folkstone Way, West Vancouver • Map B1 • 604 926 3212 • $$$$*

4 Cru
Here, the lines of fine dining, lounge, and bistro blur. The menu consists of lovely small plates and a four-course *prix fixe*. Try the luscious steamed mussels, or duck confit and *frisée* salad with warm bacon dressing. *1459 W Broadway • Map B2 • 604 677 4111 • $$*

5 Bin 942 Tapas Parlour
Delectable, creative tapas. Favorites are clay pot chicken or Angus beef tenderloin in phyllo. The music is lively and so is the crowd. *1521 W Broadway • Map B2 • 604 734 9421 • $$$*

6 Lumière
Rob Feenie beat TV's Iron Chef in 2005, cinching his position as chef extraordinaire. His menu is classical French. Signature items are roasted sablefish and magret duck. *2551 W Broadway • Map B2 • 604 739 8185 • $$$$$*

7 The Beach House at Dundarave Pier
Sit on the deck of this 1912 house, choose a glass of wine from the long list, and enjoy West Coast cuisine. *150 25th St, West Vancouver • Map B1 • 604 922 1414 • $$$*

8 Araxi
Local produce is served with a Mediterranean bent at this low-key yet classy spot. Oysters and wild salmon for fish-lovers, lamb confit and steaks for others. Good wine list. *4222 Village Sq, Whistler • Map F1 • 604 932 4540 • $$$$$*

9 Trattoria di Umberto
The warmth of Tuscany is reflected in the imaginative pasta dishes of celebrity chef Umberto Menghi. Other highlights include *cioppino* (Italian fish chowder) and lamb shanks. Excellent wine list. *4417 Sundial Pl, Whistler • Map F1 • 604 932 5858 • $$$$$*

10 Tex Corleone's
Chicken, ribs, and deep-dish pizzas in a room decorated with Old West movie posters. Kids love the coloring pages and cowboy hats. *4154 Village Green, Whistler • Map F1 • 604 932 5858 • $$$*

All restaurants accept credit cards and serve vegetarian food unless otherwise stated

Above **Vij's**

Price Categories

For a three-course meal for one with half a bottle of wine (or equivalent meal), taxes and extra charges.	**$** under $20 **$$** $20–$35 **$$$** $35–$60 **$$$$** $60–$85 **$$$$$** over $85

TOP 10 Asian Restaurants

1 Hon's Wun-Tun House
Fast, satisfying Cantonese dishes to eat in or take out. Noted for its noodles, potstickers, and *dim sum*. There's also a vegetarian menu. Several locations. *408 Sixth St • Map C2 • 604 520 6661 • $$*

2 Pink Pearl
Often crowded with Chinese families enjoying outstanding *dim sum*. Dinner specialties include Peking duck. *1132 E Hastings St • Map B2 • 604 253 4316 • $$$*

3 Sami's
A fusion of North American and Indian cuisines, plus warm and attentive service. Try the minted mango and ginger soup, or turkey satchels. *986 W Broadway • Map B2 • 604 736 8330 • $$$*

4 Tojo's
Sushi chef Hidekazu Tojo welcomes you as warmly as he does the many celebrities who adore his cozy restaurant. Sidle up to the counter to watch this showman create delightful concoctions such as Dungeness crab topped with cherry blossoms, the shell serving as the plate. *202-777 W Broadway • Map B2 • 604 872 8050 • $$$$$*

5 Kirin Seafood Restaurant
Enjoy Cantonese, Shanghai, and Szechuan dishes and award-winning *dim sum* at this restaurant popular with families. Excellent service. *Three West Centre, 7900 Westminster Hwy, Richmond • Map B3 • 604 303 8833 • $$$$*

6 Vij's
A symphony of wondrous flavors, the dishes are a West Coast adaptation of various Indian cooking styles. Specialties are curries, marinated lamb, short ribs, and duck. Dinner only. *1480 W 11th Ave • Map B2 • 604 736 6664 • $$$*

7 Sun Sui Wah
A stunning interior and an exciting *dim sum* selection. Alaska king crab and roast squab are notable entrées. Cantonese dishes are created with light, finely tuned flavors. *3888 Main St • Map B2 • 604 872 8822 • $$$*

8 Montri's Thai Restaurant
Beef, chicken, and prawn entrees are lovingly sautéed with coconut and turmeric. Smoothly spicy curries. *3629 W Broadway • Map A2 • 604 738 9888 • $$$*

9 Habibi's
Traditional Lebanese cooking in an inviting atmosphere. Vegetarian dishes include *tabouli,* salads, and *loubjeh,* savory green string beans in a marvelous sauté of garlic, carrots, cinnamon, and tomatoes. Enjoy live music on Wednesdays. *1128 W Broadway • Map B2 • 604 732 7487 • $$$*

10 The Mekong
Spicy Vietnamese dishes with French and Thai influences served in a small but pleasant room. The pumpkin soup is a must. *1414 Commercial Dr • Map B2 • 604 253 7088 • $$*

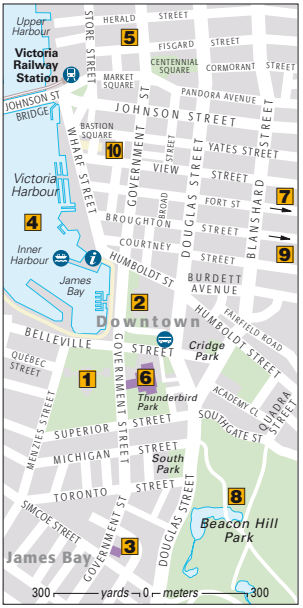
Following pages **The Fairmont Empress Hotel on Victoria's Inner Harbour**

Left **Legislative chamber, BC Parliament Buildings** Right **Entrance, Fairmont Empress Hotel**

Victoria

PICTURESQUE, PEACEFUL VICTORIA *is the perfect getaway from bustling Vancouver. Known as the City of Flowers, it boasts more than 3,000 hanging baskets along its pretty streets. Established as a fort in 1843 by the Hudson's Bay trading company, Victoria soon became a city of prestige and influence. It grew up around Beacon Hill Park, created in 1858 by Governor James Douglas. When Victoria became BC's capital in 1868, the growing city attracted excellent architects such as Francis Mawson Rattenbury. Today the city buzzes around the Inner Harbour. Nearby is the oldest Chinatown in Western Canada, the Art Gallery of Greater Victoria, and the home of Victoria's most famous artist, Emily Carr.*

Shrine detail, Art Gallery of Greater Victoria



TOP 10 Sights

1. British Columbia Parliament Buildings
2. Fairmont Empress Hotel
3. Emily Carr House
4. Inner Harbour
5. Chinatown
6. Royal British Columbia Museum
7. Art Gallery of Greater Victoria
8. Beacon Hill Park
9. Craigdarroch Castle
10. Maritime Museum of British Columbia

Shops, Chinatown

Emily Carr House

1 British Columbia Parliament Buildings

Impressive, gray granite buildings house the provincial legislature. Overlooking the Inner Harbour, they were completed in 1898 by a newcomer, 25-year-old Francis Mawson Rattenbury from Leeds, England. At night, the Neo-Classical structure is a wonderful sight, lit by 3,300 sparkling light bulbs. *501 Belleville St • Map N4–P4 • 250 387 3046 • Open Jun–Sep: 8:30am–5pm daily; Oct–May: Mon–Fri 8:30am–5pm • www.legis.gov.bc.ca*

2 Fairmont Empress Hotel

The luxury château-style landmark hotel *(see p116)* overlooking the Inner Harbour was designed by Rattenbury and built by the Canadian Pacific Railway in 1908. It is done up in grand style, with towering brick walls partially covered in ivy. The Crystal Ballroom shows off 18 crystal chandeliers and a mirrored ceiling. *721 Government St • Map P4 • 250 384 8111*

3 Emily Carr House

Built in 1864, the Carr family home typifies the sensibilities of the Victorian era. The architecture has been described as both English Gingerbread and San Francisco Victorian, inspiring the restoration of many of the area's old houses. Emily Carr, one of Canada's best-known artists and writers *(see p19)*, was born here in 1871. Step into the formal dining room to see the Carrs' public face, then visit the crowded upstairs bedrooms, reflecting everyday life. *207 Government St • Map P6 • 250 383 5843 • Open May & Sep: 11am–4pm Tue–Sat; Jun–Aug: 11am–4pm daily • Adm • www.emilycarr.com*

4 Inner Harbour

The Inner Harbour is the historic center of Victoria. A mix of yachts, fishing boats, ferries, and float planes dock here, while pedestrians happily stroll along a wide, curved walkway. The harbor provides excellent views of the historic parliament buildings and the imposing Fairmont Empress Hotel. *Map N3*

Fairmont Empress Hotel, facing Inner Harbour

A Victoria Harbour Ferry trip is a wonderful way to see the sights. Visit www.harbourferry.com or call 250 708 0201

Governor James Douglas

James Douglas, known as the father of British Columbia, was born in Demerara, British Guiana (now Guyana), in 1803. His father was a Scottish merchant, his mother a free mulatto. Douglas married Amelia Connolly, the half-Native daughter of a fur trader. Working for the Hudson's Bay Company, Douglas established Fort Victoria in 1843. Over the next 20 years, Governor Douglas transformed Victoria into a center of political power, but he is best remembered as having established Beacon Hill Park, in 1858. Douglas retired in 1863. A knighthood followed. Sir James Douglas died in Victoria in 1877, at the age of 74.

5 Chinatown

Victoria's Chinatown once rivaled San Francisco's for size. Today it's an eclectic two-block area, signaled by the ornate Gate of Harmonious Interest. Chinatown was known as the Forbidden City by the European populace of the day. Once notorious Fan Tan Alley, said to be the narrowest street in Canada, hid gambling dens and a thriving opium industry. Today, restaurants, groceries, artists' studios, and souvenir shops fill the bustling streets of this designated heritage area. *Fisgard & Herald sts at Government St • Map P1*

Gate of Harmonious Interest, Chinatown

Gallery, Royal British Columbia Museum

6 Royal British Columbia Museum

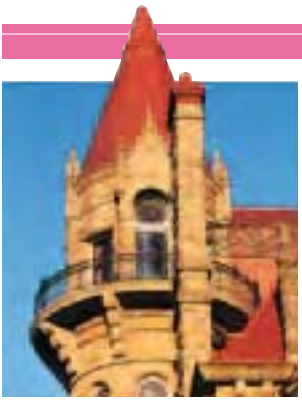
Known for its Native artifacts and art, and displays highlighting BC's history and natural wonders, the museum has excellent exhibits ranging from prehistory to the First Peoples Gallery. A National Geographic IMAX theater, Thunderbird Park, and Helmcken House are on the site *(see pp24–5)*.

7 Art Gallery of Greater Victoria

Housed in an 1889 mansion, this gallery is known for its Asian collection, including a Shinto shrine in the Asian garden. Paintings and literary work by local artist Emily Carr *(see p19)* are another highlight. *1040 Moss St • 250 384 4101 • Open 10am–5pm daily (to 9pm Thu) • Adm*

8 Beacon Hill Park

Noted for its gnarled Garry oak trees and 350-year-old Chinese bell, the park, dating from the mid-1800s, is a lovely place to stroll and picnic. Over 2,000 varieties of plants and trees, a rose garden, wooden bridges, and stream. *Map Q6 • 250 361 0600*



French Gothic tower, Craigdarroch Castle

9 Craigdarroch Castle

This four-story stone mansion was built in the late 1880s for coal baron Robert Dunsmuir, who died soon after it was completed, leaving wife Joan and 11 children to squabble over the estate. Its 39 rooms each exude turn-of-the-19th-century elegance. Highlights include period furnishings, stained glass windows, a sandstone fireplace, and a grand white oak staircase. The views of the ocean and mountains from the tower are magnificent.

1050 Joan Cres • 250 592 5323 • Open mid-Jun–Labour Day: 9am–7pm daily; Labour Day–mid-June: 10am–4:30pm daily • Adm

10 Maritime Museum of British Columbia

Three floors of coastal history include the stories of the giant canoes of the Coast Salish First Peoples, the tall ships of the first European explorers, and pirate ships and whalers. Tumultuous tales of coastal shipwrecks are gruesomely fascinating. On the top floor is the former courtroom of notorious Matthew Baillie Begbie, known as the Hanging Judge. The 19th-century courtroom is preserved in all its glory. *28 Bastion Sq • Map P2 • 250 385 4222 • Open 9:30–4:30pm daily • Adm*

Walking tour of Victoria

Morning

Starting at the corner of Wharf and Government, stroll 10 minutes north on **Government Street**. Shops along the way include some suitably British purveyors.

At Fisgard St, the colorful **Gate of Harmonious Interest** welcomes you to to **Chinatown**. Explore the area for an hour, dipping into tiny **Fan Tan Alley**, off Fisgard St. Continue west to Wharf St, then on to **Bastion Square**, the heart of **Old Town**, where fur traders boozed and brawled in the days of Fort Victoria.

The **Maritime Museum of British Columbia** is in a dignified former courthouse on the square. Devote an hour to its displays before heading to **Irish Times Pub**, 1200 Government St, for tasty fish and chips.

Afternoon

Admire the marine traffic from the **Inner Harbour** promenade. At the far end of the harbor, cross **Belleville Street** to the statue of a youthful Queen Victoria on the grounds of the **BC Parliament Buildings**. The fascinating **Royal British Columbia Museum** next door will take at least two hours to peruse.

Exit the museum on the east side to admire the totems in **Thunderbird Park** before checking out nearby historic Helmcken House. Cross Belleville St to the **Fairmont Empress Hotel** for a glimpse of the grandiose lobby.

Replenish with dinner or a drink on the deck of **Milestone's**, 812 Wharf St.

Left **silk road aromatherapy & tea company** Right **Hill's Native Arts**

TOP 10 Shopping

1 British Importers

High-end shop featuring men's off-the-rack sportswear, suits, and accessories with German, Italian, and Canadian brand names; also women's sportswear. *960 Yates St • 250 386 1496*

2 Smoking Lily

Vertical space in this closet-sized shop makes for unusual displays. T-shirts, scarves, bags, and more, all screen-printed by hand. *569a Johnson St • Map P2 • 250 382 5459*

3 Breeze

Mid-priced women's clothing, shoes, and accessories, with three main lines: Kenzie, Mac & Jac, and Mexx. Jewelry by Vancouver designer Soul Flower. *1150 Government St • Map P2 • 250 383 8871*

4 silk road aromatherapy & tea company

The creation of two women who learned the Chinese tea tradition from tea masters and herbalists, silk road boasts, in addition to tea, a spa *(see p57)* and its own line of natural body care products. *1624 Government St • Map P1 • 250 704 2688*

5 She She Bags

Hundreds of purses crowd the shop: Madagascan strawbags, bags made of recycled juice containers from a Filipino women's cooperative, and bags with pictures of Marilyn and Audrey. *616 View St • Map P2 • 250 388 0613*

6 Hill's Native Arts

Peruse the work of over 1,000 First Nations artists: Northwest Coast and Inuit carvings and prints, hand-carved jewelry. *1008 Government St • Map P3 • 250 385 3911*

7 Fan Tan Gallery

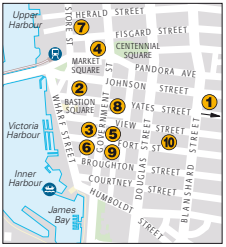
Gifts from around the world, with a focus on India, Indonesia, China, and France. Home accessories include mats, iron sconces, baskets, linens, bath products, art, and curios. *541 Fisgard St • Map P1 • 250 382 4424*

8 All in Bloom

Home luxuries and kitschy gifts. Lovely Canadian-made jewelry at affordable prices. *616 Trounce Alley • Map P2 • 250 383 1883*

9 Gloss Beauty Bar

Hot trends from France, Italy, Canada, and the US, among thousands of beauty products. *1002 Broad St • Map P3 • 250 418 1002*



10 Fort Street Antiques

Discover one-of-a-kind silverware, glass and china, fine art, furniture, and jewelry on Antique Row. *Fort St between Douglas St & Linden Ave • Map Q3*

Price Categories

For a three-course meal for one with half a bottle of wine (or equivalent meal), taxes, and extra charges.

$	under $20
$$	$20–$35
$$$	$35–$60
$$$$	$60–$85
$$$$$	over $85

Above **Empress Room, Fairmont Empress Hotel**

TOP 10 Restaurants & Cafés

1 Fairmont Empress Hotel

A variety of colonial-themed dining venues await at Victoria's grandest hotel. Especially popular is the formal afternoon tea, served daily since 1908 – reservations are required. *721 Government St • Map P4 • 250 384 8111 • $$$*

2 Café Brio

Contemporary West Coast food prepared with a Tuscan touch. Menu changes daily, but don't be surprised to find homemade ravioli, spring salmon, and braised halibut or pork belly. Terrific patio. *944 Fort St • 250 383 0009 • $$$*

3 Spinnakers Brewpub

This is Canada's oldest licensed brewpub. The waterfront dining room menu includes all-natural smoked meats and sausages, perfect companions to the great assortment of beers on tap. *308 Catherine St • 250 386 2739 • $$$*

4 Canoe

Local organic produce, meat, and wild seafood are on offer at this brewpub, marina, and restaurant, in an historic 1894 waterfront property. Classics such as burgers and fries go especially well with a craft brew. *450 Swift St • Map N1 • 250 361 1940 • $$$*

5 Brasserie L'École

French bistro dishes – lamb shank, mussels, and *frites* – using local products. *1715 Government St • Map P1 • 250 475 6260 • $$$*

6 Camille's

Fine West Coast dining in a romantic room. An award-winning menu highlights local organic and regional items. *45 Bastion Sq • Map P2 • 250 381 3433 • $$$*

7 Il Terrazzo Ristorante

Fine Northern Italian food; heated courtyard. Wood oven-roasted meats and pizzas, pastas, and seafood arrive with a flourish. *555 Johnson St • Map P2 • 250 361 0028 • $$$*

8 Pagliacci's

Linguine, lasagna, and fettuccine are simple and satisfying. Pag's bread is coveted. *1011 Broad St • Map P3 • 250 386 1662 • $$$*

9 The Noodle Box

Huge portions of noodle and rice dishes come in decorative boxes, at eight levels of spiciness. *818 Douglas St • Map P3 • 250 384 1314 • $*

10 Wild Saffron Bistro

Progressive West Coast cuisine including fondues, rack of lamb, seafood, and vegetarian entrées. *506 Pandora Ave • Map P1 • 250 361 3310 • $$$*

Left **Orca, Gulf Islands** Right **Mural depicting local history, Chemainus**

TOP 10 Excursions from Victoria

1 Nanaimo

The Old Quarter, built during the days when Nanaimo was a coal-mining town, has many 19th-century buildings, including the 1895 Nanaimo Court House. Stroll along the Harbourfront Walkway, stopping at The Bastion military museum, where guards perform daily. Departure Bay has a good beach and public market. Nanaimo is a good starting point for wildlife tours. *Map D4*

2 Cowichan Valley

This pastoral valley is a mix of forests and farmland. Local wines, ciders, and gourmet cheeses attract gastronomically minded visitors by car and touring bicycles. Cowichan Lake is Vancouver Island's main freshwater lake and a terrific spot for swimming, canoeing, and fishing. The Cowichan River is a designated heritage treasure, famed for its fly fishing. *Map D5*

Evergreen forests, Cowichan Valley

3 Chemainus

When the sawmill, the basis of its economy, closed in 1983, Chemainus transformed itself into a picturesque seaside town. More than 35 giant murals by local and international artists appear throughout the town, depicting the region's history. *Map D5*

4 Gulf Islands

Visitors flock to these islands in the Strait of Georgia to enjoy their quietness and natural beauty. Salt Spring with its many artists' studios, and Galiano, which has a lovely provinical park, are the most popular island destinations. Saturna, Pender, Mayne, and Gabriola are the other major islands. Each has its own personality; all are accessible by BC Ferries from Swartz Bay *(see p107)*. *Map E5*

5 Duncan

Duncan is known as the City of Totems for the 80 Coast Salish poles displayed around town. At the Quw'utsun' Cultural Centre see carvers at work, and some of the best Native arts and crafts in BC. The focus of the BC Forest Discovery Centre is the province's heyday of logging. In summer, a 1920s steam train carries passengers past heritage buildings and through a rainforest. *Map E5*

• Quw'utsun' Cultural Centre: 200 Cowichan Way • 250 746 8119 • Open daily • BC Forest Discovery Centre: 2892 Drinkwater Rd • 250 715 1113 • Open summer: 10am–6pm daily; spring & fall: 10am–4pm daily • Adm

For information about an excursion to the Long Beach area **See pp26–7**

6 Butchart Gardens

For over a century, the incomparable Butchart Gardens, wrung out of a worked-out quarry, have awed visitors with their lush and varied beauty *(see p38)*. *800 Benvenuto Ave, Brentwood Bay • Map E5 • 250 652 5256 • Open Jun–Sep: 9am–10:30pm daily; otherwise closing times vary • Adm*

7 Broken Group Islands

An archipelago of some 100 rugged islands and islets is paradise for nature lovers, kayakers, and scuba divers. The area around Barkley Sound has outstanding views of coastal rainforest, beaches, and sea caves. Accessible only by boat, a guided tour is the best way to experience this isolated wilderness. Jamie's Whaling Station in Tofino offers harbor and specialty tours. *Map B5 • Jamie's Whaling Station: 250 725 3919 • Vancouver Island Kayak: 250 480 9409*

8 Parksville

Parksville's beautiful Rathtrevor Beach is easily accessible for a bevy of waterside sports and activities. Dip your toes in the gentle surf, build sandcastles, dig clams, canoe, or camp along the 4 miles (7 km) of sand. Swim in the warmest saltwater north of California. Nearby are mini-golf courses, bistros, and numerous art studios for one-of-a-kind souvenirs. *Map C4*

9 Qualicum Beach

Beachcombers and kayakers find delightful Qualicum Beach and its nearby British-style village a pedestrian-friendly stopover. The curved beach overlooking the Strait of Georgia presents magnificent sunsets. *Map C4*

Victoria's Butchart Gardens

10 Goldstream Provincial Park

Massive old-growth Douglas firs, some 600 years old, tower overhead in this mystic rainforest only 12 mi (19 km) from Victoria. Once a fishing ground for the Coast Salish, miners overran the park during the Gold Rush of the late 1850s *(see p17)*. An annual fall salmon run on the Goldstream River attracts hundreds of majestic bald eagles. Dropping 155 ft (48 m) into a canyon pool, the park's waterfall is easily reached by a five-minute walk along a trail. A visitor house offers a variety of weekend activities. *Map E6 • Freeman King Visitor Centre: 2930 Trans Canada Hwy • 250 478 9414 • Open 9am–4:30pm daily*

See Vancouver Island aboard the Malahat train, running from Victoria to Courtenay, and alight as often as you like; visit www.viarail.ca

Smoked Salmon
Smoked Salmon
COOKED SMOKED SALMON
SOCKEYE SALMON

STREETSMART

Planning Your Trip 104

Things to Avoid 105

Arriving in Vancouver & Victoria 106

Getting Around Vancouver & Victoria 107

Budget Tips 108

Excursion Tips 109

Useful Information 110

Security & Health 111

Shopping Tips 112

Accommodation & Dining Tips 113

Places to Stay 114–119

VANCOUVER & VICTORIA'S TOP 10

Left **Winter skiing, Whistler Mountain** Right **Blooms of spring, Queen Elizabeth Park**

TOP 10 Planning Your Trip

1 When to Go

Vancouver and Victoria's temperate coastal climate is best from April to November. Rain falls intermittently from November to March. In the city and along the coast, winter temperatures rarely drop below freezing. Temperatures are lower in the mountains and, to the delight of skiers at resorts such as Whistler, there is snow. Summer can be hot but the nights are cooler.

2 What to Pack

Pack a warm sweater and a light jacket in late spring and early fall. In late fall and early spring, pack a heavier jacket or coat, and two warm sweaters. In winter, pack a hat, scarf, gloves, warm coat, and waterproof boots. A light sweater or blazer, cotton or linen dresses, slacks, shorts and T-shirts are ideal for summer; sunglasses, sunscreen, and an umbrella are a must.

3 Health Insurance

Unless your health insurance covers medical costs while traveling, buying comprehensive health and dental insurance is strongly recommended: Canada does not provide free medical services to visitors. Many credit card companies provide some degree of insurance; it is worthwhile to check this out before your trip.

4 Passports & Visas

A valid travel document, usually a passport, combined with a visa when needed, must be presented by visitors upon entry to Canada. Residents of many countries, such as the US, Australia, Ireland, New Zealand, and the majority of European countries, including Britain, do not need a visa. Visitors may remain in Canada for up to six months.

5 Customs

Canada's rules governing what can be brought into the country are complex. In general, do not bring live animals, fresh fruit, vegetables, meat, dairy products, plants, or firearms into Canada without first obtaining authorization. Limited amounts of alcohol and tobacco may be imported duty-free by visitors who are of age (19 and 18 years old, respectively). Upon entry into Canada, you must declare any cash amount equal to or more than Can$10,000.

6 Driver's License

Driver's licenses from the US and from other countries are valid in BC for up to six months. If you plan on staying longer, an International Driving Permit (obtained in your home country), combined with your license, will allow you to drive in the province for up to a year.

7 Car Insurance

Insurance coverage for drivers is mandatory in BC. If you are renting a car, check your policy before leaving home to see if it covers a rental car. Most rental agencies offer damage and liability insurance; it is a good idea to have both. Some credit cards include car insurance coverage.

8 Electricity

Canada uses a 110-volt, 60-cycle electrical system. Electrical sockets accept two- or three-pronged plugs. Bring a plug adapter and a voltage transformer to run appliances and cell-phone chargers that are not manufactured in North America or that don't have an optional voltage switch.

9 Time Zone

Vancouver is in the Pacific Time zone (eight hours behind Greenwich Mean Time). Daylight Savings Time begins the first Sunday in April when clocks are turned forward one hour, and ends in late October when clocks are turned back one hour.

10 Discounts

Most movie theaters, major attractions, and public transit systems offer reduced rates for people over age 65. Students are eligible for many discounts with ID. Hotels also often offer discounts, but only if you ask for them.

Contact the Canadian embassy or High Commission nearest you for entry requirements, or visit www.cic.gc.ca/english/visit

Left **Downtown crowds** Right **Pre-paid parking area**

TOP 10 Things to Avoid

1 Leaving Valuables in Cars

Vancouver is notorious for thefts from cars. Leave nothing visible in your vehicle and take all valuables with you, including documents. If you shop, don't assume putting purchases in your car's trunk will keep them safe: thieves may spot you storing bags in the trunk and steal them when you continue shopping.

2 Hotel Telephone Calls

Avoid making long-distance calls from your hotel room that are charged directly to hotel bills – they are at least three times more expensive than using a phone card. You can buy a pre-paid phone card at convenience stores and newsstands. Local calls may be free from your room, or there may be a charge. Ask before you call out as this can add up.

3 Rush Hour

The best way to deal with rush hour traffic in Vancouver is to avoid it entirely. From 3:30pm to 6:00pm traffic slows or even comes to a complete halt. In the morning, wait until 9:30am before driving. Don't underestimate your driving time. Rush hour in Victoria is lighter.

4 Driving in Cities

Since many attractions in Vancouver and Victoria are within walking distance, or are an easy bus ride away, it makes sense to leave your car at the hotel. If you are thinking of renting a vehicle to travel further afield, check the alternatives first, such as public transit, which even offers shuttle buses to Whistler in ski season *(see p107)*.

5 Tickets

Obey the speed limits posted on city streets. Speeding tickets are costly in BC. In pre-paid parking areas, make sure to buy ample time. Parking tickets come swiftly and are an unwelcome drain on your budget.

6 Pickpockets

A pickpocket looks just like any other person, so be watchful of people bumping into you – it could be a thief at work. A favorite trick of pickpockets is to work the crowds during the area's many festivals so be particularly careful at these events. Bus stops are notorious. Keep your valuables close to your body under your outer garments *(see p111)*.

7 Dangerous Areas

Vancouver is generally a safe city but as with any big city, caution is advised. The Theatre District downtown can be the scene of rowdy behavior. The downtown eastside around Hastings and Main streets, and west on Hastings from Main to Cambie, is known for drug dealers. Take a bus or taxi to and from Chinatown along Pender Street to avoid this section. Finally, avoid all parks after dark. Crime rates in Victoria are low, though panhandlers may prove a nuisance.

8 Airport Con Artists

Disoriented travelers are easy targets for con artists and thieves. Never travel with large amounts of money or precious jewelry. Avoid taxi drivers who walk up to you offering a ride; take a licensed cab at the taxi stand or a limousine with set rates.

9 Panhandlers

Panhandlers face legal restrictions in BC, but many still appear in various locales. At stoplights, some offer to wash windshields for money. The cities of Vancouver and Victoria discourage giving money to panhandlers.

10 Prostitutes

Prostitutes of both sexes ply their trade in Vancouver, especially in the downtown eastside. Often they are working to support a drug habit and are at a higher risk of being infected with HIV/AIDS than is the general population. The city is trying to improve the lives of prostitutes, and to better control prostitution, but their number remains high.

If you are cycling around Vancouver or Victoria, make sure to lock your bike securely when you take a break

Left **Airplane taking off from Vancouver Airport** Right **Traffic, downtown Vancouver**

TOP 10 Arriving in Vancouver & Victoria

1 Main Airports

Vancouver's international airport has two terminals, one for Canadian destinations, one for international. Victoria's airport has one terminal for all flights. Free baggage carts are available at both airports. ✆ *Vancouver Airport info: 604 207 7077, www.yvr.com • Victoria Airport info: 250 953 7500, www.cyyj.ca*

2 Immigration

Cards to be filled out for immigration and customs are distributed on international flights. On arrival, the immigration officer will ask to see your passport or other ID, and may pose additional questions.

3 Connections from Vancouver International Airport

Vancouver airport is 15 mi (24 km) south of downtown Vancouver. Public buses, taxis, limousines, and car rentals are available at the airport. The Airporter express bus departs every 15 minutes for major Vancouver hotels, the cruise ship terminal *(see p12)*, and the inter-city bus depot. The No. 424 bus picks up on Level 1 of the domestic terminal for Airport Station, by the Delta Hotel. From there, buses depart for Vancouver, Richmond, and beyond. ✆ *Airporter bus: 1 800 668 3141 • TransLink: 604 946 8866, www.translink.bc.ca*

4 Connections from Victoria International Airport

Located 14 mi (22 km) north of Victoria, the airport is serviced by public transit (route No. 70), taxis, limousines, and cars for hire. The AKAL Airport Shuttle departs every 30 minutes for major Victoria hotels. ✆ *Victoria Regional Transit: 250 382 6161 • AKAL Shuttle: 250 386 2525*

5 Car Rental

At Vancouver airport, most car rental companies have booths on the ground floor of the airport parking garage. If you are driving downtown, note that a section of Granville Street is closed to private vehicles; signs direct you to side streets. Victoria's airport is serviced by several car rental companies.

6 Long-Distance Buses

Greyhound buses arrive from the US and elsewhere in Canada at Pacific Central Station (1150 Station St, Vancouver). ✆ *Greyhound: 604 482 8747 or 1 800 661 8647 • www.greyhound.ca*

7 Flights from Downtown Vancouver

From the tiny downtown Coal Harbour Airport, West Coast Air links Vancouver to Victoria; Baxter Aviation flies to Nanaimo. Harbour Air Seaplanes services the Gulf Islands. HeliJet operates 12-seat helicopters, with daily service to Victoria. ✆ *West Coast Air: 604 606 6888 • Baxter Aviation: 1 800 661 5599 • Harbour Air: 604 274 1277 • HeliJet International: 1 800 665 4354*

8 By Rail

Trains arrive at Pacific Central Station in Vancouver, at 1150 Station St. VIA Rail trains arrive from points in Canada. Amtrak's Cascades route links Eugene and Portland, Oregon, and Seattle, Washington, to Vancouver with daily trains. ✆ *VIA Rail: 1 888 842 7245, www.viarail.ca • Amtrak: 1 800 872 7245, www.amtrak.com*

9 By Water

Many ferry services connect Seattle with Vancouver and Victoria and BC Ferries connects Vancouver with Victoria, the Gulf Islands, and Nanaimo. Cruise ships dock at Canada Place *(see p61)*. Pleasure boats dock at the many marinas in the region; call Tourism BC for details. ✆ *BC Ferries: 1 888 223 3779, www.bcferries.com • Tourism BC: 1 800 435 5622*

10 By Road

Washington state's I-5 connects with Hwy 99 at the BC border; this leads to Vancouver and Whistler. BC's main Canada-US border crossing is the Peace Arch in Blaine, Washington.

Vancouver and BC bus schedules are available for free at Vancouver airport's customer service counters, Arrivals level

Left **Vancouver's SkyTrain** Right **Taxi in front of the Opus Hotel, Vancouver**

TOP 10 Getting Around Vancover & Victoria

1 Buses & SeaBus

Public transit (Translink) bus routes extend across Greater Vancouver. Ask the driver for a transfer so you can switch to the SkyTrain or SeaBus – catamarans that cross the harbor in a short 12 minutes. The Victoria Regional Transit System operates a large network of buses across Victoria. ✎ *Vancouver route info: 604 953 3333*
• *www.translink.bc.ca*
• *Victoria route info: 250 382 6161*

2 SkyTrain

Vancouver's SkyTrain is an above-ground light rapid transit system. Tickets are also transfers. They are good for 90 minutes, and valid for round trips and connections to buses and the SeaBus.

3 Transit Fares

Vancouver's TransLink system has three fare zones, but on weekdays after 6:30pm and weekends, the system reverts to one zone. Victoria's transit system has two fare zones. In both cities, bus drivers do not sell tickets or provide change. If you don't have a ticket, pay the exact cash fare when boarding. Sheets or books of 10 tickets and day passes are money-savers. These are sold at SkyTrain stations (Vancouver) and at many convenience stores and supermarkets. People with disabilities, children 5 to 13 years, seniors and students with proper ID are eligible for concession fares. Children under 4 years ride free in Vancouver, under 6 in Victoria, where family savings are also available using daypasses.

4 Taxis

Flagging a taxi on Vancouver city streets is easy – cabs are plentiful. In Victoria, fewer taxis cruise the streets, so it is best to order a cab by phone.

5 Ferries

Ferries to Victoria and the Gulf Islands depart from Tsawwassen; those to Nanaimo, the Sunshine Coast, and Bowen Island leave from Horseshoe Bay. All ferries carry bicycles for a fee. Car reservations, also for a fee, are advised for peak periods. ✎ *Ferry info: 1 888 223 3779 in BC; 250 386 3431 outside BC*
• *www.bcferries.com*

6 Walking

Walking is the best way to explore downtown Vancouver and Victoria. Streets are fairly safe *(see p105)*. The south arm of the False Creek seawalk *(see p71)* leads from Vanier Park *(see p78)* past several beaches to Spanish Banks, UBC *(see p85)*, and beyond. In Victoria, a walk on the promenade along the Inner Harbour offers excellent views of historic buildings and the harbor *(see p95)*.

7 HandyDART

Both Victoria and Vancouver operate a shared-ride service for people unable to use public transit. Pre-register at least 10 days ahead of your trip. ✎ *HandyDART: Vancouver, 604 430 2692, Victoria: 250 727 9607*

8 Cycling

Cyclists must follow the same rules of the road as drivers. Bikes may not be ridden on sidewalks, and wearing a helmet is mandatory. Bikes are allowed on Vancouver's SkyTrain and SeaBus in non-peak hours. Buses in both cities offer bike racks on many routes.

9 Driving

A good map is essential, especially in Vancouver. Hwys 1 and 99 can be very busy during rush hour *(see p105)*. There are no freeways by-passing the city core. Speed limits are posted. Right-hand turns on red lights are legal throughout BC unless otherwise posted.

10 Boat Tours

For boat tours of Howe Sound and Victoria Harbour, check with the tourist information centers in Vancouver and Victoria. ✎ *Touristinfo Centre Vancouver: Plaza Level, 200 Burrard St, 604 683 2000, www.tourismvancouver.com*
• *Tourism Victoria: 812 Wharf St, 250 953-2033, www.tourismvictoria.com*

For Vancouver public transit information, call 604 953 3333. For Victoria public transit information, call 250 382 6161

Left **Free outdoor activities, English Bay** Right **Inexpensive cruise, SeaBus ferry**

TOP 10 Budget Tips

1 Attractions Discounts

Save up to 40 percent on tickets to popular Vancouver attractions by buying tickets in advance from the Vancouver Touristinfo Centre. In Victoria, discount coupon books are available at Tourism Victoria. ✎ *Vancouver: 200 Burrard St, 604 683 2000 • Victoria: 31 Bastion Sq, 250 414 6999*

2 Budget Shopping

Look for inexpensive, unusual souvenirs in Chinatown and in the shops along Commercial Drive *(see p55)*, brimming with ethnic goods. Visit Main Street for second-hand bargains and one-of-a-kind designer wear on a budget. In Victoria, you can spend hours browsing through the collectibles at the Capital Iron (1900 Store St), then stop next door at Value Village (1810 Store St) for rock-bottom prices on used clothing and housewares.

3 Savings on the Go

Save on public transit costs in Vancouver and Victoria by buying all-zone day passes, or books of ten tickets for the price of eight *(see p107)*.

4 Outdoor Activities

Vancouver and Victoria's year-round mild weather makes outdoor activities especially appealing. From a stroll along Stanley Park's paths *(see pp8–9)* to the tough Grouse Grind climb *(see p88)*, Vancouver has hiking trails for all fitness levels. Or rent a bike, buy a kite, or grab your binoculars and birder's guide and head to the beach. In Victoria, the Inner Harbour walkway *(see p95)* provides free entertainment and exercise.

5 Low-Cost Literary

There are plenty of affordable literary events in Vancouver and Victoria. Check the listings in the *Vancouver Sun*'s Queue section, the free *Georgia Straight* weekly, and the free *Monday Magazine* in Victoria. Libraries, bookshops, and cafés often host readings and poetry slams. For book bargains, visit Book Warehouse in Vancouver and Munro's in Victoria *(see p112)*.

6 Free or Reduced Admission Days

Admission to the Vancouver Art Gallery *(see pp18–19)* is by donation on Thursdays, from 5 to 9pm. UBC Museum of Anthropology *(see p34)* is free Tuesdays after 5pm. The BC Parliament Buildings in Victoria *(see p95)* offer free guided tours from late May to September.

7 Show Discounts

Tickets Tonight sells half-price tickets at the Touristinfo Centre for Vancouver shows the day of the performance. Some theaters offer two-for-one tickets to matinees and previews; be sure to ask. Vancouver Playhouse *(see p42)* sells discount tickets one hour before show time. The Victoria Symphony offers ticket discounts with a receipt from certain restaurants. ✎ *Vancouver Touristinfo Centre: 200 Burrard St, 604 683 2000 • Victoria Symphony, 250 385 6515*

8 Cut-Rate Cruises

Rides on BC Ferries are inexpensive mini-cruises. Particularly lovely is the route to the southern Gulf Islands. In Vancouver, if you have only an hour to spare, hop on the SeaBus or any False Creek ferry *(see p107)*. ✎ *BC Ferries: 1 888 223 3779 • www.bcferries.bc.ca*

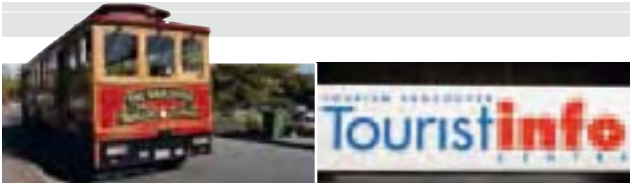
9 Cheap Eats

It's easy to find good-quality but bargain Asian food in Vancouver. In Victoria, head to Chinatown for deals. Or buy a hot dog and pretzel from a street-vendor. You can also save by opting for a picnic lunch in a park.

10 Campus Deals

Both Simon Fraser University and the University of British Columbia *(see p85)* put on free or inexpensive concerts, lectures, and other events. Admission is cheap to Cinecenta's second-run movies, at the University of Victoria. Visit the websites for listings. ✎ *www.sfu.ca • www.ubc.ca • www.cinecenta.com*

In summer, the Architectural Institute of BC offers walking tours of Victoria and Vancouver for $5; call 604 683 8588 or visit www.aibc.ca



Left **Vancouver Trolley tour** Right **Touristinfo Centre sign, Vancouver**

TOP 10 Excursion Tips

1 Walking Tours
Learn more about Vancouver's Chinatown with guides from the Chinese Cultural Centre. Historic Gastown comes alive in Gastown Business Improvement Society (GBIS) tours. Walkabout Historic Vancouver has professional guides who lead tours of downtown, Granville Island, and Gastown. ✆ *Chinese Cultural Centre: 604 658 8880 • GBIS: 604 683 5650 • Walkabout Historic Vancouver: 604 720 0006*

2 Trolley Tours
Classic trolley cars are replicated in modern sightseeing buses. The year-round city tour is two hours, but you can hop on or off at any of the 23 stops. ✆ *Vancouver Trolley: 604 801 5515*

3 Rail Tours
Rail travel is a Canadian classic. VIA Rail transcontinental service guarantees cozy sleepers, fine cuisine, and attentive staff. Rocky Mountaineer Vacations offers spectacular packages, such as a famed two-day, all daylight trip between Vancouver and the Rockies. ✆ *Rocky Mountaineer Vacations: 604 606 7245 or 1 800 665 7245 • VIA Rail: 1 888 842 7245*

4 Bus Tours
Gray Line's luxurious coaches tour Vancouver, Victoria, and Whistler. They also offer double-deck bus tours to Vancouver attractions; the ticket is valid for two days. West Coast City & Nature Sightseeing provides mini-coach tours with a focus on natural sights. ✆ *Gray Line of Vancouver: 604 879 3363 • Gray Line of Victoria: 250 388 5248 • West Coast City & Nature Sightseeing: 604 451 1600*

5 First Nations Tours
Coast Salish guides lead two-hour interpretive paddles in a 12-passenger, traditional-style, ocean-going canoe. The protected waters of Burrard Inlet are the background for stories and songs that capture the rich culture of Northwest Coast First Nations. Kayaking is an alternative. All ages welcome, from May to October. ✆ *Takaya Tours: 604 904 7410*

6 Whale Watches
For sightings of orcas (killer whales), Dall's porpoises, seals, and other wildlife, Wild Whales Vancouver departs the harbor for the Gulf of Georgia and beyond. Vancouver Whale Watch has Zodiac-style boats with on-board naturalists. Steveston Seabreeze Adventures runs from the Fraser River to the Gulf Islands on larger vessels. ✆ *Steveston Seabreeze Adventures: 604 272 7200 • Vancouver Whale Watch: 604 274 9565 • Wild Whales Vancouver: 604 699 2011*

7 Horse-Drawn Tours
A century-old tradition, the Clydesdales-drawn narrated tours of Stanley Park run March to November. Up to 20 passengers per trolley. One-hour tours of Victoria visit Beacon Hill Park and other scenic spots. ✆ *Stanley Park Tours: 604 681 5115 • www.stanleyparktours.com • Victoria Carriage Tours: 1 877 663 2207*

8 Cycle Tours
Local guides oversee cycling, mountain biking, and multi-sport adventures. Gourmet meals, a stop at the hot springs, and luxurious support van included. Small groups. ✆ *Rocky Mountain Cycle Tours: 604 898 8488 or 1 800 661 2453*

9 Golf in Whistler
Let Eagle Tours plan your accommodation, transportation, and tee times at Whistler's five championship golf courses. All you have to do is play. ✆ *Eagle Tours: 604 905 4035 or 1 888 793 9222*

10 Rafting Trips
Whitewater rafting expeditions on the mighty Fraser, Thompson, and Nahatlatch rivers, from one to six days in length, are suited to various experience levels. Camp or enjoy B&B accommodations at the Yale base. ✆ *Fraser River Raft Expeditions: 1 800 363 7238*

Visit www.tourismvancouver.com, www.tourismvictoria.com, and www.tourismwhistler.com for general information and offers

Left **Telephone booth sign** Middle **Tickets Tonight sign** Right **Wheelchair access sign**

TOP 10 Useful Information

1 Media
The two largest newspapers in BC are produced in Vancouver, the *Vancouver Sun* and the *Vancouver Province*. The two national newspapers, the *Globe and Mail* and the *National Post*, are also available. Popular radio stations include CBC Radio Two (FM 105.7) for classical music, NEWS 1130 (AM 1130) for news, The FOX (FM 99.3) for rock music, and QMFM (FM103.5) for easy-listening music. The most popular Canadian TV stations are CBC, CTV, Global, Bravo, CityTV, and, in BC, the Knowledge Network.

2 Entertainment Listings
Georgia Straight, a weekly Vancouver tabloid, is available free at cafés, bars, bookshops, libraries, and street boxes. It is the best source to check the local music and art scene. For same-day savings on tickets to many events and performances, try Tickets Tonight at the Burrard St Tourist Infocentre *(see p108)*. ✎ *www.straight.com*

3 Currency
The Canadian unit of currency is the dollar, which is divided into 100 cents. Coins come in denominations of 1, 5, 10, and 25 cents, and 1 and 2 dollars. Bank notes (bills) come in denominations of $5, $10, $20, $50, $100, and $500. Plan to arrive with at least $100 in local currency and get change on arrival for tipping and transit.

4 Taxes
In Canada, taxes are not included in the listed price unless specified, so when making a purchase add a further 7 percent for PST (provincial sales tax) and 7 percent for GST (goods and services tax), except on alcohol, spirits and wines, which are taxed at 10 percent GST. An additional hotel room tax of between 8 and 10 percent is charged in BC. Some taxes are refundable when you leave Canada *(see p112)*.

5 Websites
Helpful infomation for planning your trip to Vancouver, Victoria, and Whistler is available online. ✎ *www.city.vancouver.bc.ca* • *www.tourismvancouver.bc.com* • *www.tourismvictoria.com* • *www.tourismwhistler.com*

6 Telephones
Public telephones are often both coin- and card-operated. Local calls cost $0.25; directory assistance (411) is free. Most convenience stores sell phone cards. Within Greater Vancouver, you must prefix the local telephone number with area code 604. Long-distance calls in BC require either a 604 or 250 prefix. For a long-distance number in North America, dial the prefix 1 and then the area code. To dial abroad, dial 011 + country code + city code (dropping the first 0).

7 Public Holidays
New Year's Day (Jan 1), Good Friday and Easter Monday (Mar or Apr), Victoria Day (usually 3rd Mon in May), Canada Day (Jul 1), BC Day (1st Mon in Aug), Labour Day (1st Mon in Sep), Thanksgiving (2nd Mon in Oct), Christmas Day (Dec 25), Boxing Day (Dec 26). Remembrance Day (Nov 11) is a holiday for banks and government offices.

8 Accessibility
Vancouver and Victoria work hard to make their attractions and services accessible but it is best to check ahead. In Vancouver, SeaBus and SkyTrain are accessible, and all SkyTrain stations have elevators. Lift and "kneeling" public transit buses for people with mobility aids operate on many routes in both cities *(see p107)*.

9 Consulates
In emergencies, your consulate may be of assistance. ✎ *UK: 800-1111 Melville St, 604 683 4421* • *USA: 1095 W Pender St, 604 685 4311*

10 Drinking
The legal drinking age in BC is 19. Consuming alcoholic beverages in public spaces is not allowed.

For more information about tax refunds for visitors to Canada, visit the website www.ccradrc.gc.ca/visitors

Left **Hospital sign** Middle **Police car** Right **No smoking zone**

TOP 10 Security & Health

1 Hotel Room Safety

When you've checked into your room, look on the back of the entrance door for a map showing the escape route to take in case of fire. Always leave the security latch in place when in your room and don't admit strangers. Some hotels have floors just for women – ask when booking, if you are a woman traveling alone.

2 Food Safety

City health officials inspect most Vancouver and Victoria food establishments, including pubs and delicatessens, regularly. Reports may be viewed online. ✎ *www.foodinspectionweb.vcha.ca*

3 Emergency Help

Various emergency and helplines are available to call in a crisis. ✎ *Emergency and ambulance: 911 • Vancouver Police Department: 604 717 3321 • Victoria Police Department: 250 995 7654 • BC Nurseline: 604 215 4700 • VictimLINK: 1 800 563 0808*

4 Public Transit

Skytrain platforms provide designated waiting areas in Vancouver; these are recommended at night. Available on most Victoria and Vancouver buses and some regional buses in BC, Request Stop allows a woman to get off a bus at locations between regular stops. Tell the driver at least one stop ahead of where you want to get off, and leave the bus by the front doors. The rear doors will remain closed so that no one can follow you off.

5 Know Your Surroundings

Carry a good map with you and check out the route to and from your destination before starting out. If you plan on returning late, make sure you have enough change and cash to call for and pay for a taxi. Avoid dark places such as parks and alleyways at night, especially if you are on your own, and avoid known danger spots *(see p105)*.

6 Hospital Emergency Rooms

Emergency treatment is available 24 hours a day. ✎ *Vancouver: Children's Hospital, 4500 Oak St, 604 875 2000; Lion's Gate Hospital, 231 E 15th St, 604 988 3131; St Paul's Hospital, 1081 Burrard St, 604 682 2344; Vancouver General, 899 West 12th Ave, 604 875 4111 • Victoria: Royal Jubilee Hospital, 1900 Fort St, 250 370 8000; Victoria General Hospital, 1 Hospital Way, 250 727 4212*

7 Dental Emergencies

The BC Dental Association can link you with a nearby dentist during regular office hours. After office hours, go to a hospital emergency room. ✎ *British Columbia Dental Association • 604 736 7202*

8 Smoking

Vancouver is a smoke-free city and smoking is not allowed in public spaces or workplaces. However, smoking is allowed on outdoor restaurant and bar patios.

9 Pharmacies

The majority of pharmacies in Vancouver and Victoria are open from 9am to 9 or 10pm. Some are open later. There are three 24-hour Shoppers Drug Mart pharmacies in Vancouver. The most central is on Davie Street. ✎ *Vancouver: Shoppers Drug Mart, 1125 Davie St, 604 669 2424 • Victoria: London Drugs, 911 Yates St, 250 360 0880*

10 Theft Prevention

To help prevent theft don't flash cash around. Your wallet or valuables should be stored close to your body, not in your backpack, back pocket, or belt-pack, where they can be easily pilfered. If you carry a purse, ensure it closes tightly. When leaving your hotel room – even just for a short time – first lock up valuables and important documents in your room's safe, if it has one. If it doesn't, have them put in the hotel's safe.

Left **Georgia Street rotunda, Pacific Centre** Right **Backpackers Shop**

TOP 10 Shopping Tips

1 Store Hours

Most shops are open 10am to 6pm, Monday to Saturday (often later on Thursday). Department stores and shops in malls and retail districts may stay open to 9pm, Monday to Saturday, and open Sunday from 11am or noon to 5pm. Many shops close January 1, July 1, Labour Day, Thanksgiving and December 25.

2 Payment

MasterCard, American Express, and Visa credit cards are widely accepted, Diner's Club and Discovery less so. Debit cards compatible with Plus, Interac, or Cirrus systems are also widely accepted. You will need your PIN.

3 Sales & Returns

Excellent savings are to be had on Boxing Day (December 26). Sale items and sometimes those at full price may not be refundable, or exchangeable only. Be sure to ask about the return policy.

4 Department Stores

Vancouver's two department store chains, Sears and The Bay, carry practically everything. Holt Renfrew sells high-end clothing and accessories. The Bay also anchors Victoria's Bay Centre. ✎ *Holt Renfrew: Pacific Centre, 633 Granville St • Map K3 • Sears: Pacific Centre, 701 Granville St • Map K3 • The Bay: 647 Granville St, Vancouver • Map K3 • The Bay: 1150 Douglas St, Victoria • Map P2*

5 Shopping Malls

The largest downtown mall is Pacific Centre *(see p55)*. Other malls include Sinclair Centre *(see p54)*, and Metrotown *(see p55)*. Victoria's Bay Centre has over 80 shops. Market Square's shops are in heritage buildings. ✎ *Bay Centre: 1150 Douglas St • Map P2 • Market Square: 560 Johnson St • Map P2*

6 Music

A&B Sound may have the lowest prices in town. Classical and jazz lovers should head to the Magic Flute. For vinyl, try Neptoon Records. Lyle's Place in Victoria sells new and used CDs, from jazz to punk rock. ✎ *A&B Sound: 556 Seymour St • Map K3 • Magic Flute: 2203 W 4th Ave • Map B2 • Neptoon Records: 3561 Main St • Map B2 • Lyle's Place: 770 Yates St • Map Q2*

7 Books

Chapters and Book Warehouse have good selections and several locations. Used-book seller MacLeod's specializes in Canadiana and history. Visit Duthie Books for contemporary literature, and Kidsbooks for children's titles. Munro's of Victoria sells a range of titles. ✎ *Book Warehouse: 550 Granville St • Map K3 • Chapters: 788 Robson St • Map K4 • Duthie Books: 2239 W 4th Ave • Map B2 • Kidsbooks: 3083 W Broadway • Map A2 • MacLeod's: 455 W Pender St • Map L3 • Munro's: 1108 Government St • Map P2*

8 Alcohol

Alcohol sales are restricted to BC government Liquor Stores (wine, spirits, and beer), private wine sellers, Vintners Quality Assurance (VQA) outlets (specializing in BC wines), and Cold Beer Stores. ✎ *Liquor Store: 1120 Alberni St • Map J3 • Village VQA Wines: 3536 W 41st Ave • Map A2 • Wine Barrel: 644 Broughton St, Victoria • Map P3*

9 Convenience Stores

Small shops selling cigarettes, toiletries, cold drinks, snacks, and lottery tickets are ubiquitous in Vancouver and Victoria. Some also sell public transit tickets.

10 Tax Refunds

Books and groceries are exempt from the 7 percent provincial sales tax; most other items are subject to up to 14 percent sales tax *(see p110)*. International visitors who spent over $200 may be entitled to a refund of the 7 percent GST (goods and services tax), excluding GST on restaurant meals, drinks, tobacco, and transport. Save the receipts. ✎ *Visitor Rebate Program: 1 800 668 4748*

BC specialities include Okanagan wines, ice wine, smoked salmon, and First Nations art and jewelry

Left **Bedroom, Pacific Palisades Hotel** Left **Wines, Don Francesco restaurant**

TOP 10 Accommodation & Dining Tips

1 Hotel Taxes
In BC, accommodation is taxed with an 8 percent accommodation tax and a 7 percent GST (goods and services tax). An additional 2 percent tourism tax is levied on hotel rooms in Vancouver, Victoria, and Whistler. You may be entitled to a GST refund for short hotel stays.

2 Rooms
Most hotel rooms are well furnished and of a good size. Most have two double beds or one queen- or king-sized bed; twin-bedded rooms may also be available. If you are sensitive to noise, ask for a room away from the elevator and the ice and dispensing machines. About 85 percent of rooms in Vancouver, Victoria, and Whistler are smoke-free.

3 Rack Rates
Hotel rates vary according to the hotel category, the day of week, and season. Peak rates are weekdays and from April to December. Rack rates, the basic room rates, are the ones used in this book to provide a guide price. It is usually possible to get a better deal, especially if booking online. Discounts are often available to seniors, members of clubs such as auto associations, or the Elderhostel. When booking, ask what special rates apply and bring proof of membership with you.

4 Concierges
Mid- and large-size hotels have concierges on staff whose job it is to cater to the needs and whims of the guests. They will procure tickets to shows and sports games, make restaurant reservations, arrange transportation, and offer helpful tips.

5 Extra Costs
Parking at downtown hotels can be costly, so inquire about rates (taxes also apply). Some hotels do offer free parking. Telephone calls made from your room phone can be pricey, as are drinks and snacks consumed from the room's minibar. These costs can add up quickly, and will appear on your final room bill.

6 Restaurant Reservations
Most restaurants take reservations. It's a good idea to book a table at a popular dining spot on arriving or even in advance of your trip. Mention if you have special needs or dietary requirements. It is considered good form to cancel your reservation if your plans change.

7 Tipping
Tips and service charges are not usually added to dining bills, though they may be if your party consists of six people or more. For service at restaurants, cafés, and clubs, plan on tipping about 15 percent of the pre-tax amount. An easy way of estimating the tip is to add up the taxes on the bill. At bars, leave a dollar or two for the bartender. Tip porters and bellhops at least $1 per bag or suitcase; cloakroom attendants $1 per garment and chambermaids, a minimum of $1 to $2 per day. A hotel doorman will also appreciate a dollar or two for his services.

8 Dress Codes
Jacket and tie are almost never required in restaurants, though many diners opt to wear them on a special evening out, especially to an upscale place. Some clubs, however, may not allow you in if you are wearing sneakers or jeans.

9 Cell Phones
At most restaurants, it is considered discourteous to leave your cell phone turned on or to carry on cell phone conversations.

10 Meal Times
Breakfast is usually served in diners and coffee shops from about 6am to 10am. Lunch is available from about 11:30am to 2pm, dinner from about 5pm to 10pm. Many pubs and restaurants offer a late-night menu. Brunches are often served on weekends only – and at some spots, on Sundays only – usually from 11am to 2pm or later.

Accommodation rates are often lower in winter months, except for the weeks around Christmas and New Year's

Left **Sylvia Hotel** Right **Lobby, Inn at False Creek**

TOP 10 Inexpensive Hotels

1 Sylvia Hotel, Vancouver

The West End's grande dame is a favorite, not only for its relaxed yet sophisticated atmosphere, but also for its fabulous location right on English Bay. Some rooms are tiny, but the big draws are the lounge and restaurant overlooking the water. Covered paid parking available. ✎ *1154 Gilford St • Map G2 • 604 681 9321 • www.sylviahotel.com • $$*

2 Oceanside Hotel, Vancouver

Located on a quiet side street near English Bay and Stanley Park, this hotel is a friendly oasis in the heart of the West End. One-bedroom apartments and larger available. Free parking. ✎ *1847 Pendrell St • Map G2 • 604 682 5641 • www.oceanside-hotel.com • $$*

3 Inn at False Creek, Vancouver

Decorated Santa Fe-style, this modern, spotless hotel offers large, well-appointed rooms and executive suites. A knock-out location, steps from downtown and Granville Island. ✎ *1335 Howe St • Map J4 • 604 682 0229 • www.qualityhotel.ca • $$*

4 Sandman Suites on Davie, Vancouver

Recent extensive renovations make this West End high-rise a find. One-bedroom suites offer kitchens, washer/dryers, balconies, and sofa beds in the living room. The views of English Bay from many of the rooms are a plus. Underground paid parking available. ✎ *1160 Davie St • Map H4 • 604 681 7263 • www.sandman hotels.com • $$*

5 Bosman's Hotel, Vancouver

This hotel's draws include its convenient, central location, air-conditioned comfort, heated outdoor pool, and free parking. A restaurant and cozy lounge are also found onsite. Family owned for over 25 years. ✎ *1060 Howe St • Map J4 • 604 682 3171 • www.bosmanshotel.com • $$*

6 Greenbrier Hotel, Vancouver

Providing a great Robson Street location, this modest hotel's renovated one-bedroom suites have complete kitchens, with other pluses such as free coffee and free parking thrown in. ✎ *1393 Robson St • Map J3 • 604 683 4558 • www.greenbrier hotel.com • $$*

7 Buchan Hotel, Vancouver

This 1926-vintage, three-story property offers good value for money with its European-style, no-frills accommodation and its location: you'd be hard-pressed to sleep closer to Stanley Park – unless you were actually in it. ✎ *1906 Haro St • Map H2 • 604 685 5354 • www.buchanhotel.com • $$*

8 Best Western Chateau Granville, Vancouver

A frequent choice for out-of-towners with an eye for price and location, this 15-story hotel offers mainly one-bedroom suites, but has some smaller, standard rooms as well. Suites come with microwaves and wireless internet access. Gated parking available for a fee. ✎ *1100 Granville St • Map J4 • 604 669 7070 • www.bwcg.com • $$*

9 Traveller's Inn, Victoria

Voted Victoria's best value hotel/motel five years running (1999–2003), this downtown property scores with its air-conditioned rooms – most with king-sized beds and some with kitchens – and free parking. Passes to local pools also provided. ✎ *710 Queens Ave • 250 380 1000 • www.travellersinn.com • $$*

10 Admiral Inn, Victoria

Popular with families, seniors, and those in search of a room with an Inner Harbour view at a reasonable price, this family-run property provides its guests with spotless rooms, free bike rental, and free parking, among other niceties. ✎ *257 Belleville St • Map N4 • 250 388 1000 • www.admiral.bc.ca • $$*

***Note:** Unless otherwise stated, all hotels accept credit cards and have private bathrooms and air conditioning*

Above **Granville Island Hotel**

Price Categories

For a standard, double room per night (with breakfast if included), taxes and extra charges.

$	under $100
$$	$100–150
$$$	$150–200
$$$$	$200–300
$$$$$	over $300

TOP 10 Mid-Priced Hotels

1 Days Inn Vancouver Downtown

Although the heritage building housing this small hotel was built in 1910, the simple but comfortable rooms have been fully renovated. A restaurant and lounge are found onsite, while myriad dining and sightseeing options are within walking distance. *921 W Pender St • Map K3 • 604 681 4335 • www.daysinnvancouver.com • $$$*

2 Granville Island Hotel, Vancouver

With delightful rooms overlooking False Creek, this intimate hotel, located right on Granville Island, features wooden shutters, beamed ceilings, and oversized bath tubs. Dine at the Dockside restaurant, or choose from the many nearby eateries. *1253 Johnston St • Map H5 • 604 683 7373 • www.granvilleisland hotel.com • $$$*

3 Georgian Court Hotel, Vancouver

Providing a great location for sports fans in town to take in a game – BC Place Stadium and GM Place are mere minutes away – this well-appointed hotel offers air-conditioned rooms, fitness center, and complimentary internet. Enjoy the two on-site restaurants, including the renowned William Tell. *773 Beatty St • Map K4 • 604 682 5555 • www.georgian court.com • $$$*

4 Crowne Plaza Hotel Georgia, Vancouver

This downtown heritage hotel has undergone significant upgrades, including the addition of custom-designed furniture and Canadian art. Facilities include two restaurants and a fitness center. *801 W Georgia St • Map K3 • 604 682 5566 • www.hotelgeorgia.bc.ca • $$$*

5 Ramada Inn and Suites Downtown, Vancouver

Art Deco touches enhance this downtown hotel. A great spot if you want to be as close to clubs and shops as to most central attractions. Air-conditioned rooms; pets welcomed for a fee. *1221 Granville St • Map J4 • 604 685 1111 • www.ramada vancouver.com • $$*

6 Blue Horizon Hotel, Vancouver

Gorgeous views abound, as each room in this contemporary hotel has wraparound windows and balcony. Add to that the duvets, fridges, coffee makers, air conditioning, and more. *1225 Robson St • Map J3 • 604 688 1411 • www.blue horizonhotel.com • $$$*

7 Century Plaza Hotel & Spa, Vancouver

Renovated in 2003, the hotel is a modest, good-value choice. The big draw here is the European-style spa *(see p56)* with indoor pool and steam room. The lounge, restaurant, and cappuccino bar are handy, too. *1015 Burrard St • Map J4 • 604 687 0575 • www.century-plaza.com • $$$*

8 Bedford Regency Hotel, Victoria

Old World charm is enhanced by the views of Victoria's harbor. Try the in-room Jacuzzi, then snuggle in a goose down comforter. Rooms are air-conditioned, with free internet access and coffee. *1140 Government St • Map P2 • 250 384 6835 • www.bedfordregency .com • $$$*

9 Gatsby Mansion Inn, Victoria

Period furniture sets the mood in this heritage Victorian mansion on the Inner Harbour. An on-site restaurant and garden add to the gracious ambience. *309 Belleville St • Map N4 • 250 388 9191 • www.bellevillepark.com • $$$*

10 Quality Inn Downtown, Victoria

This pleasant spot, only two blocks from Victoria's Inner Harbour, offers fairly large rooms with kitchenettes. Free in-room tea, coffee and local calls, plus an indoor pool, and steam and fitness rooms. *850 Blanshard St • Map Q3 • 250 385 6787 • www.victoriaquality inn.com • $$$*

Left **Lobby, Fairmont Hotel Vancouver** Right **Bedroom, Opus Hotel Vancouver**

TOP 10 Luxury & Boutique Hotels

1 Opus Hotel Vancouver

Opened in 2002, this stylish boutique hotel is a Yaletown trendsetter. Take advantage of the on-site French brasserie and sophisticated lounge to relax after a busy day. *322 Davie St • Map J5 • 604 642 6787 • www.opushotel.com • $$$$*

2 Pacific Palisades, Vancouver

You may catch a glimpse of a Hollywood star at this stylish South Beach-inspired hotel. The decor is fun yet functional, with full guest services and amenities. Step outside to Robson Street and join the passing parade. *1277 Robson St • Map J3 • 604 688 0461 • www.pacificpalisadeshotel.com • $$$$*

3 Listel Vancouver Hotel

A beautiful boutique hotel whose rooms are filled with art by top local artists and supplied with literary gems, some by West Coast authors. O'Doul's Restaurant and Bar *(see p74)* provides nightly live music. *1300 Robson St • Map J3 • 604 684 8461 • www.listel-vancouver.com • $$$$*

4 Hotel Le Soleil, Vancouver

A chic downtown boutique hotel with nice touches, such as a turn-down service, cordless phones, bathrobes, concierge, valet parking, and room service. Pets are welcome for a fee. *567 Hornby St • Map K3 • 604 632 3000 • www.lesoleilhotel.com • $$$$*

5 Wedgewood Hotel, Vancouver

Owner Eleni Skalbania is as famous as her boutique hotel with its European flair. Caters to those who prefer their accommodation upscale, verging on exclusive. Maid service twice daily says it all. *845 Hornby St • Map J3 • 604 689 7777 • www.wedgewoodhotel.com • $$$$*

6 Fairmont Hotel Vancouver

Vancouver grew up with this classic hotel, which opened in 1939. Renovated several times, it includes an indoor pool, day spa, and health club to erase the day's exertions. Enjoy refreshments in the deluxe lobby lounge, reminiscent of the grand old days. *900 W Georgia St • Map J3 • 604 684 3131 • www.fairmont.com/hotelvancouver • $$$$$*

7 Metropolitan Hotel, Vancouver

Everything is done to cosset guests, including European down duvets, marble bathrooms, indoor pool and health club, business center, restaurant, and lounge. An award-winning gem. One smoking floor. *645 Howe St • Map K3 • 604 687 1122 • www.metropolitan.com • $$$$*

8 Fairmont Empress Hotel, Victoria

The most famous hotel on the West Coast, Victoria's luxury property offers somewhat small but always elegant rooms. Make a reservation to take English-style tea in its glorious lobby *(see p99)*, a pricey but noteworthy experience. *721 Government St • Map P4 • 250 384 8111 • www.fairmont.com/empress • $$$$$*

9 Wickaninnish Inn, Long Beach

Perched dramatically on a rocky shelf overlooking Chesterman Beach, this highly acclaimed inn offers luxurious lodgings done in modern West Coast style. With its gorgeous spa and gourmet restaurant, this is the perfect getaway spot *(see pp32–3)*. *Osprey Lane, Tofino • Map A4 • 250 725 3100 • www.wickinn.com • $$$$$*

10 Sooke Harbour House, Sooke

Beauty is the hallmark of this lovely inn 19 miles (30 km) west of Victoria. Rooms are filled with antiques and coastal-themed art. Add the ocean views, luxury spa services, and an organic garden providing produce for its world-renowned cuisine. *1528 Whiffen Spit Rd • Map D6 • 250 642 3421 • www.sookeharbourhouse.com • $$$$$*

Note: *Unless otherwise stated, all hotels accept credit cards and have private bathrooms and air conditioning*

Above **Pan Pacific Vancouver**

Price Categories

For a standard, double room per night (with breakfast if included), taxes and extra charges.

$	under $100
$$	$100–150
$$$	$150–200
$$$$	$200–300
$$$$$	over $300

TOP 10 Business & Suite Hotels

1 Pan Pacific Vancouver

Soaring over the waterfront, the Pan's rooms and luxury suites provide spectacular views of the North Shore mountains. The convention center is in the same complex. Regarded as North America's premiere convention hotel. ✎ *300-999 Canada Place • Map L2 • 604 662 8111 • http://vancouver.panpacific.com • $$$$$*

2 Coast Plaza Hotel and Suites, Vancouver

Located in the West End, this award-winning hotel offers rooms and suites, 22 meeting rooms, a garden terrace, restaurant, 24-hour room service, and a well-appointed health club. ✎ *1763 Comox St • Map G2 • 604 688 7711 • www.coasthotels.com • $$$$*

3 Delta Vancouver Suite Hotel

An all-suite luxury hotel, centrally located, offering state-of-the-art in-room technology, comfort, and convenience. A restaurant, lounge, and full health club round out the amenities. ✎ *550 W Hastings St • Map K3 • 604 689 8188 • www.deltahotels.com • $$$$*

4 Fairmont Waterfront, Vancouver

Linked to the convention center by an enclosed walkway, this harborside property has been voted the top hotel in Canada by Condé Nast magazine readers. Amenities include Fairmont Gold concierge service, and a year-round outdoor heated pool. Rooms are plush, tranquil. ✎ *900 Canada Place Way • Map L3 • 604 691 1991 • www.fairmont.com/waterfront • $$$$$*

5 Four Seasons Hotel, Vancouver

The ideal business location, centrally located above the Pacific Centre Mall, this hotel goes the extra mile, with a 24-hour concierge, health club, indoor/outdoor pool, catering, meeting facilities, 24-hour room service, and valet parking. ✎ *791 W Georgia St • Map K3 • 604 689 9333 • www.fourseasons.com/vancouver • $$$$$*

6 Lord Stanley Suites on the Park, Vancouver

Furnished one- and two-bedroom suites close to Stanley Park are a good choice for extended stays. Free continental breakfast, underground parking, fitness center, and sauna. ✎ *1889 Alberni St • Map H2 • 604 688 9299 • www.lordstanley.com • $$$$*

7 Meridian at 910 Beach, Vancouver

Offers a variety of fully equipped suites, some with goodies such as in-suite washer and dryer. Rates include continental breakfast and use of the fitness center. Underground paid parking. ✎ *910 Beach Ave • Map H5 • 604 609 5100 • www.meridianhotel.org • $$$*

8 Sunset Inn and Suites, Vancouver

Found in the lively West End in a high-rise building, this property's location is nonetheless off the main thoroughfare, so quieter than some. Suitable for short- and long-term stays; rooms come with free high-speed, wireless internet. ✎ *1111 Burnaby St • Map H4 • 604 688 2474 • www.sunsetinn.com • $$$*

9 Laurel Point Inn, Victoria

Spacious rooms come with a view of Victoria's Inner Harbour. The Sunday buffet-style brunch in the Terrace Room is a must. ✎ *680 Montreal St • 250 386 8721 • www.laurelpoint.com • $$$$*

10 Swans Suite Hotel, Victoria

An award-winning heritage hotel in the heart of Victoria's Old Town. Enjoy its extensive art collection, plus suites with kitchens, loft bedrooms, and feather duvets. On-site brewpub, bistro, and wine-and-beer shop. The rooftop penthouse offers panoramic views. ✎ *506 Pandora Ave • Map P1 • 250 361 3310 • www.swanshotel.com • $$$*

Left **Guestroom, O Canada House** Right **Front porch, West End Guest House**

TOP 10 Bed & Breakfasts

1 O Canada House, Vancouver

Built in 1897, this delightful guesthouse reflects the early elegance of the West End, including a parlor with a fireplace. King- and queen-bedded rooms with private baths. Gourmet breakfast included.
1114 Barclay St • Map J3 • 604 688 0555 • www.ocanadahouse.com • $$$$

2 West End Guest House, Vancouver

A pretty pink and white 1906 Victorian inn near Stanley Park offering one- and two-bedroom suites. Free parking, bike storage, telephones in rooms. Full hot breakfast served.
1362 Haro St • Map J3 • 604 681 2889 • www.westendguesthouse.com • $$$

3 Corkscrew Inn B&B, Vancouver

In a lovely restored 1912 Craftsman-style house, this funky Kitsilano B&B combines Art Deco charm – including dozens of stained-glass windows – with upscale amenities, such as feather beds, robes, and high-speed internet. Take a peek at the curios in the small wine museum.
2735 W 2nd Ave • Map B2 • 604 733 7276 • www.corkscrewinn.com • $$$

4 English Bay Inn, Vancouver

A West End hideaway with cozy antique furniture, queen-sized beds, and ensuite bathrooms. The full breakfast by the fireplace is a pleasant start to the day. Free parking.
1968 Comox St • Map G2 • 604 683 8002 • www.englishbayinn.com • $$$$

5 Jolly Taxpayer B&B Hotel & Pub, Vancouver

Located near Gastown and the waterfront, the 28 European-style units are set in a quaint, restored heritage building, which also houses a pub. Free continental breakfast.
828 W Hastings St • Map K3 • 604 681 3550 • www.jollytaxpayerhotel.com • $$

6 Victorian Hotel, Vancouver

Built in 1898 as one of the city's first guesthouses, this hotel has been carefully restored to retain its Victorian-era ambience, with bay windows, high ceilings, antique furnishings, and hardwood floors. A comfortable setting, with beautiful bathrooms and down duvets on the beds. Secured parking available for a fee.
514 Homer St • Map L3 • 604 681 6369 • www.victorianhotel.ca • $$

7 Barclay House B&B, Vancouver

A perennial West End favorite, this classic 1904 home features spacious two-room suites, attentive staff, a full three-course breakfast, afternoon sherry, in-room portable phones, and more. Free parking.
1351 Barclay St • Map H3 • 604 605 1351 • www.barclayhouse.com • $$$

8 Abigail's Hotel, Victoria

A heritage, Tudor-style B&B-inn with English-style gardens. Charming touches, such as country furnishings, fresh flowers, and a gourmet breakfast. Some rooms with whirlpool tubs or wood-burning fireplaces.
906 McClure St • 250 388 5363 • www.abigailshotel.com • $$$$$

9 Heathergate House, Victoria

A near-perfect location on Victoria's busy Inner Harbour, yet a quiet environment. The invitingly posh rooms all have private bath. A well-appointed garden cottage easily sleeps four. Full English breakfast included.
122 Simcoe St • 250 383 0068 • www.heathergatebb.com • $$

10 Beaconsfield Inn, Victoria

Dark mahogany floors, antiques, fireplaces, featherbeds, and private bathrooms all add to the stately ambience at this award-winning 1905 Victoria heritage manor. Full breakfast, English tea, and daily sherry included.
998 Humboldt St • 250 384 4044 • www.beaconsfieldinn.com • $$$

For more bed & breakfasts, visit the website www.bedandbreakfasts-bc.com

Price Categories

For a standard, double room per night (with breakfast if included), taxes and extra charges.		
	$	under $100
	$$	$100–150
	$$$	$150–200
	$$$$	$200–300
	$$$$$	over $300

Above **Entrance, YWCA Hotel/Residence**

TOP 10 Budget Accommodation

1 University of British Columbia, Vancouver

From May to August, take your pick of 3,000 rooms on UBC's beautiful campus. Year-round, one-bedroom suites with kitchens are available. UBC is a city in itself, with many amenities on its grounds. ✎ *5961 Student Union Blvd • Map A2 • 604 822 1000 • www.ubcconferences.com • $*

2 YWCA Hotel/Residence, Vancouver

A secure, 12-story high-rise with air-conditioned rooms to suit all travelers, including families. A good location for those who need their gym fix, with free admission to the fitness center. TVs in some rooms. Wheelchair accessible. ✎ *733 Beatty St • Map L4 • 604 895 5830 • www.ywcahotel.com • $*

3 Hostelling International Vancouver Downtown

Shared and private rooms are offered in this friendly West End spot. Free breakfast is served, while the shared kitchen can help with the other meals. Internet access and secure storage lockers. Open 24 hours. ✎ *1114 Burnaby St • Map H4 • 604 684 4565 • www.hihostels.ca • $*

4 Hostelling International Vancouver Central

The newest HI Vancouver hostel, with private rooms as well as traditional dormitory rooms. Efficiently run, and located in the heart of Vancouver's nightclub district. A laundry, kitchen, and bar all onsite. ✎ *1025 Granville St • Map J4 • 604 685 5335 • www.hihostels.ca • $*

5 Hostelling International Vancouver Jericho Beach

This hostel is a 30-minute bus ride from downtown and worth the trip. Open 24 hours, this beachside spot features shared and private rooms and a cook-it-yourself, shared kitchen. Secure storage lockers. Closed during the winter season. ✎ *1515 Discovery St • Map A2 • 604 224 3208 • www.hihostels.ca/vancouverjerichobeach • $*

6 Dominion Hotel, Vancouver

Ideal for adventurous travelers, this renovated Gastown hotel at Abbott and Water streets dates back to 1899. But turn-of-the-19th-century architecture is presented with a new twist: art-concept rooms designed by local artists. ✎ *210 Abbott St • Map L3 • 604 681 6666 • www.dominionhotel.ca • $*

7 Kingston Hotel, Vancouver

A relaxed, spotless 1910 heritage building with private and shared baths, a TV lounge, day and overnight storage, sauna, and restaurant. Free continental breakfast. ✎ *757 Richards St • Map K4 • 604 684 9024 • www.kingstonhotel vancouver.com • $*

8 C & N Backpackers Hostel, Victoria

Just-off-central location with transit and bus depot nearby. Renovated with new beds, bathrooms, shared kitchens, and internet. Clean, private and shared non-smoking rooms, with single-sex dorms. Some rooms with TV. ✎ *927 Main St • 604 682 2441 • www.cnn backpackers.com • $*

9 Ocean Island Backpackers Inn, Victoria

Clean, comfortable and funky, the site is a secure historic building near Victoria's Inner Harbour. Dorms and private rooms with 24-hour check-in. ✎ *791 Pandora St • Map Q2 • 250 385 1788/9 • www.oceanisland.com • $*

10 Hotel Douglas, Victoria

This downtown Victoria character hotel exudes 19th-century charm. The lounge attracts a friendly, well-dressed mix, with live music on weekends, including jazz nights. Wheelchair accessibility. Free parking. ✎ *1450 Douglas St • Map Q2 • 250 383 4157 • www.hoteldouglas.com • $*

Some accomodations, especially those in private homes or heritage buildings, are not wheelchair accessible. Check before booking.

General Index

A
Absolute Spa at the Century 56
accessibility 110
Admiral Inn 114
adventure sports **89**
AFTERglow Lounge 50, 82
Ahous Bay 27
air travel 106
Albemi Street Liquor Store 72
Alcan Canadian International Dragon Boat Festival 44
Alcan OMNIMAX Theatre 22, 46, 70
alcohol 110, 112
Alibi Room 64
Allen, Michael 30
All in Bloom 98
Alpha Lake 29
alpine sightseeing 31
Al Porto Ristorante 65
Alta Lake 29, 31
Altitudes Bistro 87
Amazon rainforest 10
Angel of Victory (MacCarthy) 37
antiques 98
Aquabus 21, 79
Aqua Riva 65
Araxi 90
architecture 19
architects 18, 19
Canada Place 12
Arctic Canada Habitat 10
Aria Restaurant and Lounge 73
Aritzia 54
Armani 54
aromatherapy 57
Art Gallery of Greater Victoria 96
Art on the Rooftop 18
Arts Club Theatre and Lounge 21
Arts Club Theatre Company 45
Asian restaurants **91**
AuBAR Nightclub 50, 74
Avello Spa and Health Club 57
Ayurvedic massage 56

B
Bacchus Restaurant 40, 73
Bacci 54
Backstage Lounge 82
Ballet British Columbia 45
Bard on the Beach Shakespeare Festival 44
Barkerville Gold Seekers 17
Barkley Sound 101
Bar None 82
bars and clubs **50–1**
Downtown **74**
South Granville and Yaletown **82**
Waterfront, Gastown and Chinatown **64**
Bastion Square 97
Bayshore Rentals 49
The Bay 55, 70, 112
BC Equipment 80
BC Forest Discovery Centre 100
BC Hydro salmon stream 11
BC Lions 42
BC Place 42
BC Place Stadium 70
BC Spirit 17
BC Sports Hall of Fame and Museum 70
beaches
Beacon Hill Park 49
clothing-optional 49
Departure Bay 100
English Bay 8, 48, 52
Jericho Beach 48
Kitsilano Beach and Park 48
Long Beach 26
Qualicum Beach 101
Rathtrevor Beach 101
Spanish Banks 38
Sunset Beach 77
Wreck Beach 49, 53
The Beach House 87, 90
Beacon Hill Park 37, 49, 96
Beadworks 81
bear watching 30
Beaver Lake 8
Bedford Regency Hotel 115
Begbie, Matthew Baillie 17, 97
Bellaggio Café 75
Belleville St. 97
Bernstein and Gold 81
Best Western Chateau Granville 114
The Big House (Capilano Suspension Bridge) 14
Big House (Royal British Columbia Museum) 25
Bin 942 Tapas Parlour 90
birdwatching 49, 88
Birkenhead River 31
Bishop, John 90
Bishop's 90
The Black Canoe 36
Blackcomb 85
Blackcomb Base Adventure Zone 31
Blackcomb Mountain 28, 30
Bloedel Floral Conservatory 38
Blue Horizon Hotel 115
Blue Water Café and Raw Bar 40, 83
Boat Basin Restaurant 26
Boathouse 47
boat tours 107
Boboli 54, 81
Bodega y Quadra, Francisco de la 26
BodyWorks Gallery 23
bookstores 112
gay and lesbian 53
Book Warehouse 108
Bosman's Hotel 114
Brackendale 86, 87
Brackendale Art Gallery 87
Brackendale Eagles Provincial Park 87
Brackendale Winter Eagle Festival 86
Brasserie L'École 99
Breeze 98
The Brickyard Bar 64
Bridge House Restaurant 14
Bridges 79, 83
Brioche Urban Baking 65
British Columbia Parliament Buildings 95, 97, 108
British Importers 98
Brix 83
Broadway Avenue 55
Brockton Point 9
Broken Group Islands 27, 101
Buchan Hotel 114
Buddhist Vegetarian Restaurant 65
budget cruises 108
budget tips **108**
Burrard Inlet 6, 9
buses
bus tours 109
local 107
long distance 106
Butchart, Mrs. Jenny 38
Butchart Gardens 38, 101

C
Café Brio 99
Café Deux Soleil 47
Café Pacifica 12
Café S'il Vous Plaît 75
Camille's 99
Camosun Bog 39
campus deals 108
Canada Day 31
Canada Place 6, **12–13**, 61, 63
Canadian Pacific Railway 62, 95
Canoe 99
canoeing and kayaking 31, 89, 100
Gulf Islands 49
Lotus Land Tours 49
Vancouver Island 49
Whistler 29
Canyon Café 14
Capilano, Chief Joe 9
Capilano River and Gorge 15
Capilano Suspension Bridge and Park 6, **14–15**, 46 85, 87
Capones Live Jazz Club 82
Caprice Nightclub and Lounge 51, 74
Cariboo Gold Rush 17
Carr, Emily 6, 18, 19, 34, 70, 95, 96
cars
driver's licenses 105
insurance 105
rental 106
rush hour 105
speeding tickets 105
theft from 106
carving studio 24

Cascades Lounge 64
Cathedral Grove 49
The Cat's Meow 47
Celebration 2010 31
Celebrities 53
cell phones 113
Centennial Seawall 86
Centre for Endangered Wildlife 87
Centre Stage 23
Century Plaza Hotel and Spa 56, 115
chai soy anti-stress back treatment 56
Chan Centre for the Performing Arts 43
Chan Sun Concert Hall 43
Charles H. Scott Gallery 21, 79
Cheakamus Challenge Mountain Bike Race 31
Chemainus 100
children **46–7**, 86
  Downtown 70
  places to eat with **47**, 64, 90
  Science World 22–3
  South Granville and Yaletown 77–8
  Stanley Park 8
  Aquarium 10
  Vancouver Art Gallery 19
  Whistler 30, 31
Chinatown 54, **60–5**, 62, 63, 96, 97
Chinatown Night Market 63
Chinese Cultural Centre Museum and Archives 63, 109
Christ Church Cathedral 69
CinCin Ristorante and Bar 40, 73
Cioppino's Mediterranean Grill 41, 83
Circle Craft Co-op 81
Clark, Robert 41, 83
Clayoquot Sound 26, 27
climate 104
clothes, what to pack 104
Clownfish Cove 10
CN IMAX Theatre 13, 46
Coal Harbour peninsula 11
Coast Plaza Hotel and Suites 117
Coast Salish Big House 16
Coast Salish First Peoples 11, 15, 25, 97, 100
Coast Salish guides 109
Commercial Drive 55
Commodore Ballroom 42, 50, 74
Concourse and Media Galleries 21
Connolly, Amelia 96
consulates 110
convenience stores 112
Cornucopia 31
Court House Building, Vancouver Art Gallery 18
Cowichan Lake 100
Cowichan Valley 100
The Crab (Norris) 37
Craigdarroch Castle 97
Crankworx Freeride Mountain Bike Festival 31
Cranmer, Doug 24
Crash and Burn Show 74
Creekside 29
C Restaurant 41, 83
Crowne Plaza Hotel Georgia 115
Cru 90
cruise ship terminal 12
Crush Champagne Lounge 51, 74
Crystal Ballroom 95
Crystal Hut 30
Culinaria 75
Cumshewa pole 25
currency 110
customs 104
cycling 29, 49, 71, 88, 107, 109
Cypress Mountain 88
Cypress Provincial Park 48, 86, 88

D
Daniel Le Chocolat Belge 72
David Lam Park 38
Davidson, Robert 19
The Davie Village 52
Days Inn Vancouver Downtown 115
Deadman's Island 11
Deighton, John "Gassy Jack" 60, 62, 63
Delaney's Coffee House 53
Delilah's 53
Delta Vancouver Suite Hotel 117
Departure Bay 100
discounts 104
  shows 108
Diva at the Met 41, 73
diving 89
Dockside Restaurant and Brewing Company 82
dog sledding 30
Don Francesco 73
Douglas, James 17, 94, 96
Douglas, Stan 19, 70
Downtown **68–75**
dress codes 113
drinking 110
driver's license 104
driving 105, 107
Dr. Sun Yat-Sen Classical Chinese Garden 38, 63
Dubrulle Culinary Arts 75
Duncan 100
Dundarave Park 87
Dunsmuir, Robert 97

E
Eagle Aerie Gallery 27
eagles 86, 101
Eagles (Davidson) 19
Eagle Tours 109
Eagle Watch Interpretive Centre 87
Earl's 47
Early Music Vancouver 45
Egoziku Noodle Café 75
Elaho River 31
electricity 104
El Patio 73
emergencies 111
Emily Carr House 95
Emily Carr Institute of Art and Design 21
Endurance trading vessel 17
English Bay 8, 48, 52
English country garden 15
entertainment listings 110
entertainment venues **42–3**
Erickson, Arthur 18, 19, 70, 71
Escents Aromatherapy 72
Eureka! Gallery 23
excursion tips **109**
excursions from Victoria **100–1**
Expo '86 13

F
Facilicious treatment 57
Fairmont Chateau Whistler 29, 56
Fairmont Empress Hotel 56, 95, 97, 99, 116
Fairmont Hotel Vancouver 69, 116
Fairmont Waterfront 64, 117
Falk, Gathie 37
False Creek 13, 79
False Creek Ferries 21
False Creek Seawalk 71
Fan Tan Alley 96, 97
Fan Tan Gallery 98
The Feasthouse 86
Feenie, Rob 90
ferries 21, 106, 107
festivals and events **44–5**, 86
Festival Vancouver 44
Firehall Arts Centre 43, 45
First Nations art 14, 19, 25, 34, **36–7**, 54
First Nations art galleries 54, 61
First Nations artists 98
First Nations longboat 18
First Nations Longhouse 85
First Nations tours 109
First Night 31
First Peoples Gallery 25, 96
fishing 27, 100
five sails 61
Floata Seafood Restaurant 63, 65
floatplanes 13
Forge and Form 81
Fort Street Antiques 98
Fountainhead Pub 52
Four Boats Stranded: Red and Yellow, Black and White (Lum) 18
Four Seasons Hotel 117
Fox, Terry 35, 70
Fraser River 17
Freedman Shoes 54
Fuller, R. Buckminster 22

G
Gabriola Island 100
Galiano Island 100
galleries *see* museums and galleries
Gallery Café 71
Gallery Café patio 18
Gallery Store 18
Gaoler's Mews 62
gardens *see* parks and gardens
Garibaldi Provincial Park 87
Gastown 12, 17, 54, **60–5**, 61
Gastown Business Improvement Society (GBIS) tours 109
Gastown Merchants 17
Gate of Harmonious Interest 96, 97
Gate to the Pacific Northwest (Hung) 37
Gatsby Mansion Inn 115
gay and lesbian hangouts 31, **52–3**
General Motors (GM) Place 42
geodesic dome 22
George C. Reifel Migratory Bird Sanctuary 88
George VI 69
Georgian Court Hotel 115
ginger 62 50, 74
Girl in a Wetsuit 8
Gitxsan master carvers 36
Gitxsan memorial poles 25
glacier skiing 89
Gloss Beauty Bar 98
glowball grill and satay bar 83
Go Fish! 83
Golden Ears mountains 49
Gold Rush 17, 101
Goldstream Provincial Park 101
golf 30, 49, 109
Government Street 97
Grand Maple Gifts 72
Granville Island 7, **20–21**, 54, 77, 109
Granville Island Brewing Company 21
Granville Island Hotel 115
Granville Island Museums 77, 79
Granville Island Public Market 20, 54, **80**
Granville Island Stage/New Revue Stage 43
Granville Street 54
Gray Line 109
Green, Nancy 70
Greenbrier Hotel 114
Green Lake 29
Green River 31
Grotto Spa 56
Grouse Grind 49
Grouse Grind climb 88
Grouse Mountain 47, 48, 86, 87, 88
Guinness family 11
Gulf Islands 100
Gulf of Georgia Cannery National Historic Site 86

H
Habibi's 91
Haida artists 19
Haida mortuary poles 25
HandyDART 107
Hansen, Rick 35
Harbour Centre 61
Harman, Jack 71
health **111**
health and body treatments **57**
health insurance 104
helicopters 13
heli-snowboarding 89
Helmcken, John Sebastian 25
Helmcken House 25, 96
Henderson, Jonathan 36
heritage horns 13
Herons Lounge 64
hiking 31, 48, 49, 88
Hill's Native Arts 98
Hoarse Raven Theatre 45
holidays, public 110
Hollow Tree 11
Holt Renfrew 55, 112
Hon's Wun-Tun House 47, 91
horseback riding 49, 88
horse-drawn tours 109
Horseshoe Bay 86
Horstman Glacier 28, 31, 89
Horstman Hut 28
hospitals 111
Hotel Le Soleil 116
hotels
  accommodation and dining tips 113
  business and suite **117**
  concierges 113
  inexpensive **114**
  luxury and boutique **116**
  mid-priced **115**
  rack rates 113
  safety 111
  taxes 113
  tipping 113
H.R. MacMillan Space Centre 47, 78
HSBC Celebration of Light 44
Hudson's Bay Company 17
Hung, Alan Chung 37, 71
Hunt, Henry 37
Hunt, Tony 36

I
Il Giardino 40, 83
Illusions Gallery 22
Il Terrazzo Ristorante 99
immigration 106
Imperial Chinese Seafood Restaurant 41, 65
in-line skating 29, 49, 71, 88
Inn at False Creek 114
Inner Harbour 95, 97
insurance 104
  car 104
Inuit art galleries 61
Inuit carvings 98
Inukshuk 8, 36, 77
The Irish Heather 51, 64
Irish Times Pub 97
Island Senses for Healthy Energy 56

J
James, Charlie 36
Jamie's Whaling Station 101
jazz 64
Jericho Beach 48
Jerome, Harry 70
John Fluevog Boots and Shoes Ltd 72
Johnson, Pauline 9
Johnson, Seward 37
Jones the Jeweler 72

K
Kamei Royale Japanese Restaurant 71, 73
Kanak, Alvin 36
kayaking *see* canoeing and kayaking
The Keg Granville Island 82
Kenneth Jones organ 69
ketch *St. Roche* 34
Khwaykhway 11
Kichi Sushi 75
Kids Market 20, 54
Kidspace Gallery 22
Kirin Seafood Restaurant 91
Kitsilano Beach and Park 48
Knife Edge (Moore) 37
Kokoro Dance Company 45
Kwakwaka'wakw heraldic poles 25

L
La Bodega Restaurant and Tapa-Bar 74
Lamplighter 64
La Raffinage Spirit Spa 56
Last Stop...Vancouver! 17
Laurel Point Inn 117
La Vieille France 75
Le Crocodile 73
Legends of Vancouver (Johnson) 9
Library Square 69, 71, 75
Lick 52
Lighthouse Park 48, 86, 88
Lions Gate Bridge 11, 87
Listel Vancouver Hotel 116
Little Big House 14
Little Italy 55
Little Sister's Book and Art Emporium 52
Living Forest 15
The Living Sea 22
Logger's Culls (Carr) 18–19
Loggers' Grill 14
Long Beach 7, **26–7**
The Lookout! 61
Lord Stanley Suites on the Park 117
Lost Lagoon 8, 11
Lost Lake 29
Lotus Land Tours 49
lululemon athletica 72
Lum, Ken 18
Lumberman's Arch 11
Lumière 90
Lush 54
Lynn Canyon Ecology Centre 85
Lynn Canyon Park 85

M
MacCarthy, Cœur de Lion 37
Macdonald, John A. 62
MacKay, George Grant 14, 15
MacMillan Provincial Park 49
Malaspina Printmakers Gallery 81
Maple Tree Square 62, 63
Maplewood Farm 47
marina and maritime market 20
Marine Drive 87
Maritime Museum of British Columbia 97
Market Courtyard 80
Martin, Chief Mungo 24, 37
Martin, David 37
Matio, Jason 81
MaxMara 54
Mayne Island 100
The Mekong 91
Menghi, Umberto 40, 83, 90
Meridian at 910 Beach 117
Metropolis 55
Metropolitan Hotel 116
Metrotown 55
Mile High Mountain 28
Milestone's 97
Millennium Gate 62, 63
Miller, Jonathan 62
miniature railway and Children's Farmyard 46
Model Ships Museum 21
Model Trains Museum 21
Modern History Gallery 25
Momo Sushi 65
Montri Thai Restaurant 91
Moore, Henry 37
Morris, William 69
The Mound 79
Mountain Bike Park 30
mountain biking 30, 89
mountaineering 88
Mountain Equipment Co-op (MEC) 55
Mount Currie 29
Mount Seymour Provincial Park 49, 88
Munro's 108
Museum Café 24
museums and galleries **34–5**
Art Gallery of Greater Victoria 96
BC Sports Hall of Fame and Museum 35, 70
Brackendale Art Gallery 87
Charles H. Scott Gallery 35, 79
Chinese Cultural Centre Museum and Archives 34, 63, 109
Eagle Aerie Gallery 27
Emily Carr Institute of Art and Design 35
First Peoples Gallery 96
Granville Island 21
Granville Island Museums 35, 77, 79
Inuit Gallery 35
Malaspina Printmakers Gallery 81
Maritime Museum of British Columbia 97
museums and galleries *(cont.)*
New-Small and Sterling Studio Glass 20
Participation Gallery 35
Rendezvous Art Gallery 72
Royal British Columbia Museum 7, 96, 97
Story Gallery 16
Thunderbird Park 25
UBC Museum of Anthropology 34, 85, 108
Vancouver Art Gallery 6, 34, 70, 71, 108
Vancouver Maritime Museum 35, 77
Vancouver Museum 34, 79
Vancouver Police Centennial Museum 34, 62
West Vancouver Museum and Archives 86
music stores 112

N
Nanaimo 100
National Dream 17
National Geographic IMAX Theatre 96
Natural History Gallery 24
Netherlands Carillon Tower 25
Net Loft 21, 54
Newlands Golf and Country Club 49
New-Small, David 20
New-Small and Sterling Studio Glass 20, 79
newspapers 108, 110
New Year's Eve 31
The New Yuk Yuk's 74
Nita Lake 29
The Noodle Box 99
Norris, George 37
North Shore 87
North Vancouver 15, 85
Northwest Coast carvings 98
Northwest Coast raven myths 36
Nuu-Chah-Nulth people 26
Nuxalk grave figures 25

O
Obsessions 79, 81
Ocean Cement 79
Oceanside Hotel 114
O'Doul's Restaurant and Bar 74
Odyssey 53
Olde World Fudge 80
Old Spaghetti Factory 47
Olympic Winter Games 2010 28
Opus Hotel 116
organic foods 99
Orpheum Theatre 43
Our World Gallery 23
outdoor places **48–9**

P
Pacific Canada Exhibit 10
Pacific Centre 55, 70, 71
Pacific Centre food fair 75
Pacific Flyway 88
Pacific Northwest First Nations 86
Pacific Palisades Hotel 116
Pacific Rim National Park Reserve of Canada 27
Pacific Rim Whale Festival 26, 27
Pacific Spirit Regional Park 39, 85, 88
Pagliacci's 99
panhandlers 105
Pan Pacific Vancouver Hotel 12, 64, 117
paragliding 89
Paralympic Winter Games 28
parks and gardens **38–9**
Bloedel Floral Conservatory 38
Brackendale Eagles Provincial Park 87
Butchart Gardens 38
Capilano Suspension Bridge and Park 85, 87
Cypress Provincial Park 86
David Lam Park 38
Dr. Sun Yat-Sen Classical Chinese Garden 38, 63
English country garden 15
Garibaldi Provincial Park 87
Lighthouse Park 86, 88
MacMillan Provincial Park 49
Mount Seymour Provincial Park 49, 88
Pacific Spirit Regional Park 39, 85, 88
Quarry Garden 38
Queen Elizabeth Park 38, 88
Rose Garden 9
Spanish Banks 38
Stanley Park 6, **8–9**, 11, 39
Thunderbird Park 97
Totem Park 9, 15, 36
VanDusen Botanical Garden 38, 88
Vanier Park 39
West Coast Heritage Railway Park 87
Parksville 101
Participation Gallery 70
passports 104
Pender Island 100
Pendulum (Storey) 37
pharmacies 111
Philip, Alex and Myrtle 31
Photoconceptual Collection 19
Photo Session (Johnson) 37
pickpockets 105
Pink Pearl 91
Pita Wrap 75
Planetarium 78
planning **104–5**
The Playhouse Theatre Company 45
Playland and the Pacific National Exhibition 47
plaza, Canada Place 13
Point, Susan A. 37
Point Atkinson Lighthouse 48

Posteraro, "Pino" 83
Primavera (Shadbolt) 37
promenade, Canada Place 13
Prospect Point 9
prostitutes 105
Provence Marinaside 40, 83
public holidays 110
Public Market, Granville Island 20, 54, 80
public transit 107, 111
  savings 108

Q
Qualicum Beach 101
Quality Inn Downtown 115
Queen Elizabeth Park 38, 88
Queen Elizabeth Theatre and Vancouver Playhouse 42
Quw'utsun' Cultural Centre 100

R
radio 110
rafting 109
Railspur Alley 21, 79
rail tours 109
rail travel 106
Railway Club 74
Rainbow Lodge 31
Rainbow Park 29
Raincity Grill 41, 73
Ramada Inn and Suites Downtown 115
Rathtrevor Beach 101
Rattenbury, Francis Mawson 18, 70, 94, 95
The Raven and the First Man 34
RCMP schooner 76
Refuge for Endangered Wildlife 47
Reid, Bill 19, 24, 36, 37
Rendezvous Art Gallery 72
restaurants **40–41**
  Canada Place 12
  Capilano Suspension Bridge 14
  cheap eats **75**
  Downtown **73**, **75**
  Granville Island 20
  Greater Vancouver **90–1**
  Long Beach 26
  Royal British Columbia Museum 24
  Science World 22
  South Granville and Yaletown **83**
  Victoria **99**
  Waterfront, Gastown and Chinatown **65**
  Whistler 28, 30
Richards, G.H. 79
Richard's on Richards 51, 82
Richmond Nature Park 46
Robson Square and Law Courts 71
Robson Street 19, 54, 69, 71
rock climbing 49, 87, 89
Rocky Mountaineer Vacations 109
Rodney's Oyster House 83
rollerblading 88
Roost Homeware 81
Roots Canada 54, 72
Rose Garden 9
Rossinis 64
Roundhouse Arts and Recreation Centre 78
  steam train 79
Roundhouse Lodge 31
Royal British Columbia Museum 7, **24–5**, 96, 97
Royal Hudson Steam Train 87
rush hour traffic 105

S
Safdie, Moshe 69
safety
  airport con artists 105
  dangerous areas 105
sailing 49
Salad Maison 75
Salathai Thai Restaurant 73
sales 112
Salmon House on the Hill 90
Salmon Village 72
Salt Spring Island 100
Salute to the Lions of Vancouver (Falk) 37
Sami's 91
Sammy J Peppers Bar and Grill 82
Sandman Suites on Davie 114
Saturna Island 100
Saunders, Raymond 63
Schooner Restaurant 26
Science Theatre 23
Science World 7, 13, **22–3**, 46, 70, 79
SeaBus 107
Sears 55, 70, 112
Sea to Sky trail 89
Seawall 8
security **111**
senior discounts 104
Shadbolt, Jack 18, 37
Sha Lin Noodle House 47
Shark Penthouse 11
Shebeen 51
Sherman, Cindy 19
She She Bags 98
Shine NightClub 64
shopping **54–5**, **112**
  Broadway Avenue 55
  budget 108
  Chinatown 54
  Commercial Drive (The Drive) 55
  Downtown 72
  Gastown 54
  Granville Island 21, 54
  Metrotown 55
  Pacific Centre 55
  Robson Street 54
  shopping malls 112
  Sinclair Centre 54
  South Granville 54
  South Granville and Yaletown **81**
  Victoria **98**
silk road aromatherapy and tea company 98
silk road spa 56
Simplicity Sailing Charters 49
Sinclair Centre 54
Sitar Restaurant 65
Siwash Rock 8
skiing and snowboarding 28, 30, 31, 48, 49, 88, 89
skoah 57
SkyBar 51, 74
skydiving 89
Skyride 47
SkyTrain 13, 107
Smoke Bluffs 89
smoking 111
Smoking Lily 98
snowboarding *see* skiing and snowboarding
snowmobiling and snowcat tours 30
snowshoeing 49
Sonar 50, 64
Sooke Harbour House 116
Sophie's Cosmic Café 47
Soul Flower 98
South Granville 54
South Granville and Yaletown **76–83**
southern façade, Vancouver Art Gallery 19
Spa at Four Seasons Resort Whistler 57
Spa at the Wedgewood 56
Spanish Banks 38
spas **56–7**
speeding tickets 105
Spero, Nancy 19
Spinnakers Brewpub 99
Spokes Bicycle Rentals 49
Sport Fishing Museum 21
Spring (Hung) 71
Squamish Chief 49
Squamish Windsurfing Society 89
Stanley, Governor General 11
Stanley Park 6, **8–9**, 11, 39, 46, 53, 86, 88
Stanley Theatre 42
Stawamus Chief 87, 89
Steam Clock 63
Steamworks Brewing 64
Steveston 86
Steveston Seabreeze Adventures 109
Storey, Alan 37
Story Centre 15
Storyeum 6, **16–7**, 62, 63
Story Gallery 16
Street Light 37
Stuart's Bakery 80
Sturgeon Banks 88
Sunset Beach 77
Sunset Inn and Suites 117
Sun Sui Wah 91
suspension bridges 85, 87
Swanson, Robert 13
Swans Suite Hotel 117
swimming 77
Sylvia Hotel 114

T
taxes 110
taxis 107

tax refunds 112
telephones 110
  hotel 105
TELUS 22
TELUS World Ski and Snowboard Festival 31
Terry Fox Memorial 71
Terry Fox's Marathon of Hope 70
Tex Corleone's 90
Thai massage 57
Theatre in the Sky 87
theft 105, 111
Themis Goddess of Justice (Harman) 71
Thunderbird Park 24, 25, 96, 97
Tickets Tonight 108
Tigh-Na-Mara Seaside Resort and Spa 56
time zone 104
Tofino 26
Tojo, Hidekazu 91
Tojo's 91
Tony n' Tina's Wedding 45
Topanga Café 47
Totem Park 9, 15, 36
Tourism Vancouver 12
Tourism Victoria 108
tours
  boat 107
  First Nations 109
  kayaking 100
  North Shore 87
  trolley 109
  walking 109
  Whistler 30
trails 8, 49, 88, 89
trains 106
transit *see also* public transit
  Whistler 29
transit fares 107
Trattoria di Umberto 90
Traveller's Inn 114
Treasures of the BC Coast 10
trees 39, 49, 96
Treetops Adventure 15, 46, 87
Treetops technology 15
Triangular Building 62
trolley tours 109
Tropic Zone Gallery 10
Tsleil-Waututh legend 16

U
UBC Endowment Lands 88
UBC Museum of Anthropology 34, 85, 108
Ucluelet 27
UNESCO Biosphere Reserve 26
University of British Columbia 85
Urban Fare 81

V
Valley Trail 29
Vancouver Aquarium 8, **10–11**, 46
Vancouver Aquatic Centre 77
Vancouver Art Gallery 6, **18–19**, 70, 71, 108
Vancouver Canucks National Hockey League 42
Vancouver Central Library 69
Vancouver Convention and Exhibition Centre 13
Vancouver East Cultural Centre 42
Vancouver Folk Music Festival 45
Vancouver International Airport 106
Vancouver International Comedy Festival 45
Vancouver International Film Festival 45
Vancouver International Jazz Festival 45
Vancouver International Writers and Readers Festival 45
Vancouver Island 6, 26–7
Vancouver Maritime Museum 35, 77
Vancouver Museum 34, 79
Vancouver Opera and Ballet BC 42
Vancouver Opera Company 45
Vancouver Playhouse Theatre Company 42, 108
Vancouver Police Centennial Museum 62
Vancouver Pride Festival 44
Vancouver School 19
Vancouver Snow Show 13
Vancouver Symphony Orchestra 43, 45
Vancouver TheatreSports League 43, 45
Vancouver Touristinfo Centre 12, 108
Vancouver Whale Watch 109
VanDusen Botanical Garden 38, 88
Vanier, Georges P. 39
Vanier Park 39, 78
Vansanji Boutique 81
Vargas Island 27
vegan dishes 65
vegetarian dishes 47, 65, 91
VIA Rail 109
Vickers, Roy Henry 27
Victoria **94–101**
Victoria International Airport 106
Victoria Symphony 108
Vida Wellness 56
Vij's 91
Virgin Megastore 54
visas 104

W
walks
  Downtown 71, 107
  South Granville and Yaletown 79
  tours 62, 109
Walks *(cont.)*
  Victoria 97
  Waterfront, Gastown and Chinatown 63
  West Vancouver 48
  Whistler 29
Wall, Jeff 19, 70
Wallace, Ian 19, 70
Waterfront, Gastown and Chinatown **60–5**
Waterfront Station 60, 61, 63
Water Street 54
Water Street Café 63, 65
Watts, Connie 36
websites 110
Wedgewood Hotel 116
Weiner, Lawrence 19
West 90
West Coast City and Nature Sightseeing 109
Westcoaster Luge 31
West Coast Heritage Railway Park 87
West Coast rainforest 14–15
West Coast Trail 27
West Dyke Trail 88
Westin Resort 57
West Vancouver 86
West Vancouver Museum and Archives 86
whales 10, 11, 27, 89
whale-watching 27, 49, 109
whiskeys 64
Whistler 7, **28–31**, 85
Whistler Arts and Music Festival 31
Whistler Film Festival 31
Whistler Mountain Bike Guide 89
Whistler Village Gondola 28
Whistler Visitor Information 28
White Spot 22, 47
whitewater rafting 31, 89
Wickaninnish Interpretive Centre 26, 27
Wickinannish Inn 116
wild coast 10
Wild Pacific Trail 27
Wild Rice 65
Wild Saffron Bistro 99
Wild Whales Vancouver 109
Willow Stream Spa 56
Wilson, Miss Florence 17
windsurfing 87, 89
Wonnock, Sean 36
woolly mammoth 24
Wreck Beach 49, 53

Y
The Yale 82
Yaletown **76–83**
Yaletown Brewing Company 82
Yaletown Railway History 78
Yaletown Warehouse District 78

Acknowledgments

The Author
Long time BC resident Constance Brissenden lives in downtown Vancouver. She has written numerous travel, history, and children's books, and is co-author of the Dorling Kindersley *Eyewitness Travel Guide to the Pacific Northwest.*

Produced by International Book Productions Inc., Toronto

Editorial Director
Barbara Hopkinson
Art Editor James David Ellis
Editors Judy Phillips, Sheila Hall
Senior DTP Designer
Dietmar Kokemohr
Photo Research and Permissions
Sheila Hall
Proofreader Helen Townsend
Indexer Barbara Sale Schon

Photographer
Cylla von Tiedemann

AT DORLING KINDERSLEY
Senior Editor Kathryn Lane
Art Editor Shahid Mahmood
Publishing Manager Jane Ewart
Publisher Douglas Amrine
Senior Cartographic Editor
Casper Morris
Senior DTP Designer Jason Little
Production Louise Daly
Maps Mapping Ideas Ltd.
DK Picture Library
Romaine Werblow

Picture Credits
t-top; tl-top left; tlc-top left centre; tc-top centre; tr-top right; cla-centre left above; ca-centre above; cra-centre right above; cl-centre left; c-centre; cr-centre right; clb-centre left below; cb-centre below; crb-centre right below; bl-bottom left, b-bottom; bc-bottom centre; bcl-bottom centre left; br-bottom right; sb-sidebar.

Every effort has been made to trace the copyright holders, and we apologize for any unintentional omissions. We would be pleased to insert the appropriate acknowledgments in any subsequent edition of this publication.

The publishers would like to thank the following individuals, companies, and picture libraries for their kind permission to reproduce their photographs:

ALCAN DRAGON BOAT FESTIVAL: Jessica Bushey 44c

BARD ON THE BEACH SHAKESPEARE FESTIVAL staging of Much Ado About Nothing (2004): 44tl
BC PLACE: 42tr
BLUE WATER CAFE: 40br
BUTCHART GARDENS LTD, Victoria, BC, Canada: 38tl, 101tr

CANADA PLACE CORPORATION: 4–5
CAPILANO SUSPENSION BRIDGE: 6clb, 14crb, 14–15c, 15tc, 15bl, 46br, 84cr
CITY OF VANCOUVER ARCHIVES: 11cr, 31cra
CITY OF VANCOUVER: *Inukshuk* by Alvin Kanak 1986 8tl, *The Crab* by George Norris 1968 34br, *Captain John Deighton (Gassy Jack)* by Vern Simpson 1970 60cra, *Gate to the Northwest Passage* by Alan Chung Hung 1980 76tl
CN IMAX THEATRE: 13bc
CYPRESS MOUNTAIN: 48tr

FAIRMONT HOTELS & RESORTS: 30tl, 64tr, 69tr, 92–3, 116tl
FOUR SEASONS RESORT WHISTLER: Michael Rafelson 29tl, 57tl

GRANVILLE ISLAND MUSEUMS: 21bc, 35tr
GROUSE MOUNTAIN RESORT: 3tr

HARBOUR CENTRE/THE LOOKOUT!: 61b, 66–7
HSBC CELEBRATION OF LIGHT: 44bl

INN AT FALSE CREEK: 114tr

METROPOLITAN HOTELS: 41t
MUSEUM OF ANTHROPOLOGY AT UBC: *The Raven and the First Men* by Bill Reid 1980 34ca, 36tl

NEW-SMALL & STERLING, LTD: 54cb

OPUS HOTEL: 116tr

PACIFIC PALISADES HOTEL: 113tl
PRINCE OF WHALES WHALE WATCHING: 100tl

ROYAL BRITISH COLUMBIA MUSEUM: 7cla, 24cb, 24cla, 25tl, 25cr, 96tr

SCIENCE WORLD BC: 23tl
SQUAMISH CHAMBER OF COMMERCE/www.squamish.ca: Garry Broeckling 87cl; Todd Lawson 49sb, 89tl; Bill McComish 39sb, 89tr
STORYEUM: 6bl, 16–17 all

TOURISM VANCOUVER ISLAND: 26–7c

VANCOUVER AQUARIUM: 10tr, 10tl, 10c, 11bl, 46tr
VANCOUVER ART GALLERY: Emily Carr, *Logger's Culls,* 1935, oil on canvas, Collection of the Vancouver Art Gallery, Gift of Miss I. Parkyn, VAG 39.1, Photo: Trevor Mills 18–19c; Robert Davidson, *Eagles*, 1991, gouache and watercolour on paper, Vancouver Art Gallery Acquisition Fund, VAG 94.3, Photo: Teresa Healy 19bl; Ken Lum, *Four Boats Stranded: Red and Yellow, Black and White*, 2000, polyurethane, steel, fiberglass, and paint, Vancouver Art Gallery Major Purchase Fund, the Canada Millennium Bureau and the BC 2000 Community Spirit Fund; VAG 2000.25 a-d, Photo: Colin Goldie 18bc; 18cla
VANCOUVER CIVIC THEATRES: 42tl, 43tr
VANCOUVER MUSEUM, CANADA (QFA 233): 76tr
VANCOUVER SYMPHONY ORCHESTRA: 45sb
VIDA WELLNESS SPAS: 56tl

WEDGEWOOD HOTEL: 40tr
WHISTLER BLACKCOMB RESORT: Therese Lundgren 3br, Insight Photography 7crb, Toshi Kawano 28–9c, 30tr
WICKANINNISH INN: 32–3

YVR ART FEDERATION: *The Spirit of Haida Gwaii: The Jade Canoe* by Bill Reid 1994, Photo: Bill MacLennan 34c; Coast Salish Welcome Figures by Susan Point 1996, Photo: Kenji Nagai 37bl

All other images are © Dorling Kindersley. For further information see www.dkimages.com

Special Editions of DK Travel Guides

DK Travel Guides can be purchased in bulk quantities at discounted prices for use in promotions or as premiums. We are also able to offer special editions and personalized jackets, corporate imprints, and excerpts from all of our books, tailored specifically to meet your own needs.

To find out more, please contact:

(in the United States) **SpecialSales@dk.com**

(in the UK) **Sarah.Burgess@dk.com**

(in Canada) DK Special Sales at **general@tourmaline.ca**

(in Australia) **business.development@pearson.com.au**

Selected Street Index

Vancouver

Abbott Street L4
Alberni Street J3
Alberta Street L6
Alder Street H6
Alder Bay Walk H6
Alexander Street M3
Anderson Street H5
Ash Street K6
Barclay Street J3
Beach Avenue H4
Beach Crescent J5
Beatty Street L4
Bidwell Street H2
Birch Street H6
Birch Walk H6
Broughton Street H3
Burnaby Street H4
Burrard Bridge H5
Burrard Street K3
Bute Street J3
Cambie Bridge K5
Cambie Street L3
Canada Place K2
Cardero Street H3
Carrall Street M4
Cartwright Street H6
Central Street M5
Charleson Street J6
Chestnut Street G5
Chilco Street G2
Columbia Street M3
Commodore Road K6
Comox Street H3
Cook Street L6
Creekside Drive G5
Crowe Street L6
Davie Street H4
Denman Street G2
Drake Street J5
Dunsmuir Street K3
Dunsmuir Viaduct M4
East 1st Avenue M6
East 2nd Avenue M6
East 3rd Avenue M6
East 4th Avenue M6
East 6th Avenue M6
East Cordova Street M3
East Hastings Street M4
Expo Boulevard K4
False Creek Trail L5
Fir Street G6
Georgia Viaduct M4
Gilford Street G2
Gore Avenue M3
Granville Bridge H5
Granville Street K3
Hamilton Street K4
Haro Street J3
Harwood Street H4
Heather Street K6
Helmcken Street J4
Hemlock Street H6
Homer Street L3
Hornby Street K3
Howe Street J4
Industrial Avenue M6
Ironwork Passage J6
Jervis Street J3
Johnston Street H5
Keefer Place L4
Keefer Street M4
Lagoon Drive G2
Lamey's Mill Road H6
Laurel Street J6
Library Square K4
Lorne Street M6
Main Street M4
Mainland Street K5
Manitoba Street L6
Maple Tree Square M3
Marinaside Crescent K5
Melville Street J2
Millbank K6
National Avenue M5
Nelson Street J3
Nicola Street H3
North Lagoon Drive G1
Northern Street M5
Oak Street J6
Ontario Street M6
Pacific Boulevard L5
Pacific Street H4
Park Lane G2
Pendrell Street H3
Pennyfarthing Drive G5
Pine Street G6
Powell Street M3
Prior Street M4
Quebec Street M6
Railway Street M3
Richards Street K4
Robson Square K3
Robson Street K4
Saw Cut K6
Scantlings J6
Seawall Walk H1
Seymour Street K3
Shoreline Walk H6
Smithe Street K4
Southern Street M5
Spruce Street J6
Spyglass Place K6
Stanley Park Drive H1
Station Street M5
Terminal Avenue M5
Terry Fox Way K5
The Castings J6
Thurlow Street H4
Union Street M4
Victory Square L3
Water Street L3
Waterfront Road East M3
Waterfront Road West L3
West 1st Avenue L6
West 2nd Avenue L6
West 3rd Avenue L6
West 4th Avenue L6
West 5th Avenue L6
West 6th Avenue L6
West 7th Avenue H6
West Cordova Street L3
West Georgia Street K4
West Hastings Street L3
West Pender Street K3
Western Street M5
Wheelhouse Square K6
Willow Street K6
Wylie Street L6
Yukon Street L6

British Columbia

Bamberton E5
Bamfield B5
Brackendale E2
Britannia Beach E3
Brunswick E3
Butchart Gardens E5
Capilano Suspension Bridge B1
Caycuse C5
Chemainus D5
Clo-oose C5
Colwood E6
Coquitlam F4
Cordova Bay E5
Crofton E5
Duncan E5
East Sooke D6
Errington C4
Esquimalt E6
Garibaldi E2
Garibaldi Highlands E2
Goldstream E6
Green Cove B4
Grouse Mountain E3
Honeymoon Bay D5
Horseshoe Bay E3
Jordan River D6
Kakawis A4
Kildonan B4
Kitsilano Beach and Park B2
Ladysmith D4
Lake Cowichan D5
Langdale E3
Langley F4
Lantzville D4
Lions Bay E3
Long Beach A4
Lonsdale Quay B2
Malahat E5
Maple Ridge F4
Metchosin E6
Nahmint C4
Nanaimo D4
Nanoose Bay D4
Nitinat C5
North Vancouver B1
Pacific Spirit Regional Park A2
Parksville C4
Port Alberni C4
Port Albion B5
Port Renfrew C6
Qualicum Beach C4
Richmond B3
Sarita B5
Sidney E5
Sooke D6
Squamish E3
Stanley Park B1
Steveston B3
Surrey F4
Swartz Bay E5
Tofino A4
Tsawwassen E4
Ucluelet B5
University of British Columbia A2
Vancouver E4
Victoria E6
West Vancouver B1
Whistler F1
Youbou D5

NORTH LAGOON DRIVE
STANLEY PARK DR
Seawall Walk
STANLEY PARK DRIVE
Lost Lagoon
Coal Harbour
Deadman's Island
Stanley Park
Devonian Harbour Park
LAGOON DRIVE
PARK LANE
CHILCO STREET
GILFORD STREET
ALBERNI STREET
WEST GEORGIA STREET
ROBSON
HARO STREET
BIDWELL STREET
CARDERO STREET
COMOX STREET
BARCLAY STREET
NELSON STREET
BEACH AVENUE
DENMAN STREET
West End
English Bay Beach
Alexandra Park
PENDRELL STREET
DAVIE STREET
BURNABY STREET
BROUGHTON STREET
NICOLA STREET
JERVIS STREET
MELVILLE STREET
BUTE STREET
ROBSON STREET
ALBERNI ST
Downtown
Fairmont Hotel Vanc
Nelson Park
NELSON STREET
Vanc Art G
ROB SQU
Robson Law Courts
English Bay
Sunset Beach
HARWOOD STREET
BUTED STREET
THURLOW STREET
PACIFIC STREET
BURRARD STREET
HORNBY STREET
HELMCKEN STREET
HOWE STREET
GRANVILLE STREET
SEYMOUR STREET
DRAKE ST
RICHARDS STREET
HOMER STREET
Vanier Park
Vancouver Maritime Museum
H.R. MacMillan Space Centre
Vancouver Museum
Aquatic Centre
Vancouver Aquatic Centre
Burrard Bridge
Hornby
CHESTNUT STREET
Granville Island Market
Granville Island Public Market
Granville Island Museums
Granville Bridge
BEACH AVENUE
BEACH CRESCENT
David Lam Park
PENNYFARTHING DR
CREEKSIDE DR
JOHNSTON STREET
Emily Carr Institute of Art and Design
ANDERSON ST
CARTWRIGHT ST
Kids Market
Granville Island
Sutcliffe Park
False
BURRARD STREET
WEST 1ST AVENUE
WEST 2ND AVENUE
WEST 3RD AVENUE
WEST 4TH AVENUE
WEST 5TH AVENUE
WEST 6TH AVENUE
WEST 7TH AVENUE
PINE ST
FIR ST
GRANVILLE STREET
LAMEY'S MILL ROAD
BIRCH WALK
SHORELINE WALK
ALDER WAY WALK
Granville Island Tram Station
THE CASTINGS
IRONWORK PASSAGE
SCANTLINGS
Charleson Park
CHARLESON STREET
HEMLOCK ST
BIRCH STREET
ALDER STREET
SPRUCE STREET
LAUREL STREET

Central Vancouver
KEY
Top 10 sight
Other sight
Train station
SkyTrain station
Ferry departure point
Coach station
Tourist information
Railway
Pedestrian street
Burrard Inlet
Vancouver Harbour
Lonsdale Quay
Float Plane Terminal
Canada Place
Marine Building
Waterfront Station
SeaBus Terminal
Heliport
Burrard Station
Cathedral Place
Pacific Centre
HSBC Building
Granville
Steam Clock
Harbour Centre
Gastown
Storyeum
Portside Park
Vancouver Police Centennial Museum
Queen Elizabeth Theatre
Vancouver Central Library
LIBRARY SQUARE
Stadium
Chinatown
Chinese Cultural Centre
Dr. Sun Yat-sen Classical Chinese Garden
Yaletown
Warehouse District)
GM Place
BC Sports Hall of Fame and Museum
BC Place Stadium
Creekside Park
Pacific Central Station
Plaza of Nations
Thornton Park
Main Street/ Science World
Science World
Roundhouse Arts and Recreation Centre
Coopers Park
Cambie Bridge
False Creek Sea Wall
Science World Tram Station
Stamps Landing
WHEELHOUSE SQUARE
MILLBANK
COMMODORE RD
SAW CUT
DUNSMUIR VIADUCT
GEORGIA VIADUCT
UNION STREET
KEEFER PLACE
KEEFER ST
PRIOR ST
NATIONAL AVENUE
TERMINAL AVE
INDUSTRIAL AVE
BURRARD STREET
HORNBY ST
WEST CORDOVA STREET
WEST HASTINGS STREET
WEST PENDER STREET
GRANVILLE ST
SEYMOUR ST
RICHARDS ST
HOMER STREET
CAMBIE STREET
VICTORY SQUARE
WATER ST
MAPLE TREE SQUARE
ALEXANDER STREET
POWELL STREET
EAST CORDOVA STREET
EAST HASTINGS STREET
MAIN STREET
COLUMBIA ST
CARRALL ST
ABBOTT ST
WEST PENDER ST
WATERFRONT ROAD W
WATERFRONT ROAD E
ROBSON STREET
SMITHE STREET
WEST GEORGIA STREET
HAMILTON STREET
BEATTY STREET
NELSON STREET
EXPO BOULEVARD
PACIFIC BOULEVARD
TERRY FOX WAY
MAINLAND ST
MARINASIDE CRESCENT
CAMBIE STREET
SPYGLASS PLACE
WEST 1ST AVE
2ND AVE
3RD AVE
4TH AVENUE
5TH AVENUE
6TH AVENUE
COLUMBIA ST
MANITOBA ST
ONTARIO STREET
QUEBEC STREET
MAIN STREET
EAST 1ST AVE
2ND AVE
4TH AVE
6TH AVENUE
COOK STREET
GOORE STREET
WYLIE STREET
ALBERTA ST
YUKON ST
400 200 yards 0 meters 200 400

Victoria
CHATHAM STREET
STORE STREET
GOVERNMENT STREET
DOUGLAS STREET
North Park
HERALD STREET
Chinatown
SWIFT STREET
FISGARD STREET
Upper Harbour
FAN TAN ALLEY
McPherson Theatre
CENTENNIAL SQUARE
CORMORANT STREET
Victoria Railway Station
PANDORA AVENUE
MARKET SQUARE
City Hall
JOHNSON ST BRIDGE
JOHNSON STREET
YATES STREET
BASTION SQUARE
Post Office
BROAD STREET
TROUNCE ALLEY
Victoria Harbour
VIEW STREET
Maritime Museum
WHARF STREET
The Bay Centre
Art Gallery of Greater Victoria
1km
FORT STREET
Inner Harbour
Craigdarroch Castle
1.5km
BROUGHTON STREET
Seattle
Harbour Square Mall
COURTNEY STREET
Greater Victoria Public Library
BLANSHARD STREET
Royal Theatre
Infocentre
HUMBOLDT STREET
Windsor Court
James Bay
BURDETT AVENUE
Fairmont Empress Hotel
Royal London Wax Museum
Pacific Undersea Gardens
Downtown
FAIRFIELD ROAD
Crystal Garden
BELLEVILLE STREET
Bus Terminal
Cridge Park
QUEBEC STREET
KINGSTON STREET
MENZIES STREET
Royal British Columbia Museum
St Anne's Schoolhouse
ELLIOT ST
Helmcken House
ACADEMY CLOSE
British Columbia Parliament Buildings
Thunderbird Park
SOUTHGATE STREET
QUADRA STREET
SUPERIOR ST
MICHIGAN ST
South Park
BRIDGE WAY
PARRY STREET
POWELL STREET
HEATHER STREET
YOUNG STREET
ARBUTUS WAY
SIMCOE ST
TORONTO STREET
HUNTINGDON PLACE
AVALON ROAD
MARIFIELD AVENUE
Beacon Hill Park
Emily Carr House
James Bay
SIMCOE STREET
KEY
Top 10 sight
Other sight
Train station
Bus terminus
Tourist information
Ferry terminal
Railway
Pedestrian street
200 100 yards 0 meters 100 200

EYEWITNESS TOP 10 TRAVEL GUIDES

TOP 10

VANCOUVER & VICTORIA

Whether you are traveling first class or on a limited budget, this Eyewitness Top 10 guide will lead you straight to the very best Vancouver and Victoria have to offer.

•

Dozens of Top 10 lists – from the Top 10 places to eat to the Top 10 green spaces, spas, and hotels – provide the insider knowledge every visitor needs. And to save you time and money, there are budget and shopping tips, as well as a list of the Top 10 Things to Avoid.

•

Find your way effortlessly using the detailed maps which fold out from the front and back covers, plus many smaller maps inside.

ISBN 0-7566-1556-9

9 780756 615567 51200

$12.00 USA
$15.00 Canada
Printed in Italy

Discover more at
www.dk.com

YOUR GUIDE TO THE 10 BEST OF EVERYTHING